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YOUR
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CLEANING
PROBLEMS
SOLVED!

P 57

THE
CURE
FOR
BRAIN
FOG

P 93

Spring
**FASHION &
BEAUTY
FINDS**
FROM \$12

Feeding Your Growing Family...

And a Growing Population!

Farmers are using a variety of new tools and a more sustainable approach to help put delicious food on every table, every day. These new tools help farmers have better harvests, making it possible for more families to enjoy balanced meals.

BRINGING FOOD TO EVERY TABLE. Farmers are growing fruits, vegetables and grains that use resources, such as fresh water, more efficiently. That's helping feed our growing population AND your growing family.

**ENSURING A
BALANCED
PLATE**

Sustainable farming can help ensure that everyone will have access to fruits, grains, vegetables, meat and dairy—helping make a balanced meal more accessible for everyone.

Did You Know?

1/3 OF THE WORLD'S CROPS are pollinated and made possible by honey bees. Researchers and other experts are working to support the health of the busy honey bee—and the foods we love.**

* United Nations Environment Program

** Natural Resources Defense Council

Try Some Backyard Farming

Plant a vegetable garden with your kids and they'll be more likely to eat their veggies! They'll also have fun learning the keys to successful, sustainable agriculture:

To maximize your "harvest," space plants with enough room to grow

Make pathways between rows to make vegetable picking easier

Water in the morning to minimize evaporation

And take a tip from today's farmers: Sustainable farming begins with healthy soil—to keep plants (and our families) well nourished.

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Discover.Monsanto.com





GRAB A SEAT
and
Let's
DIG IN

The best dinners are the ones with lively conversation.

Different perspectives make the meal better and more interesting. We approach agriculture the same way. Because growing enough food for a growing world, and doing it in a sustainable way, requires a wide range of ideas and resources. That's why we partner with farmers, nonprofits, and many others. It's time for a bigger discussion about food.

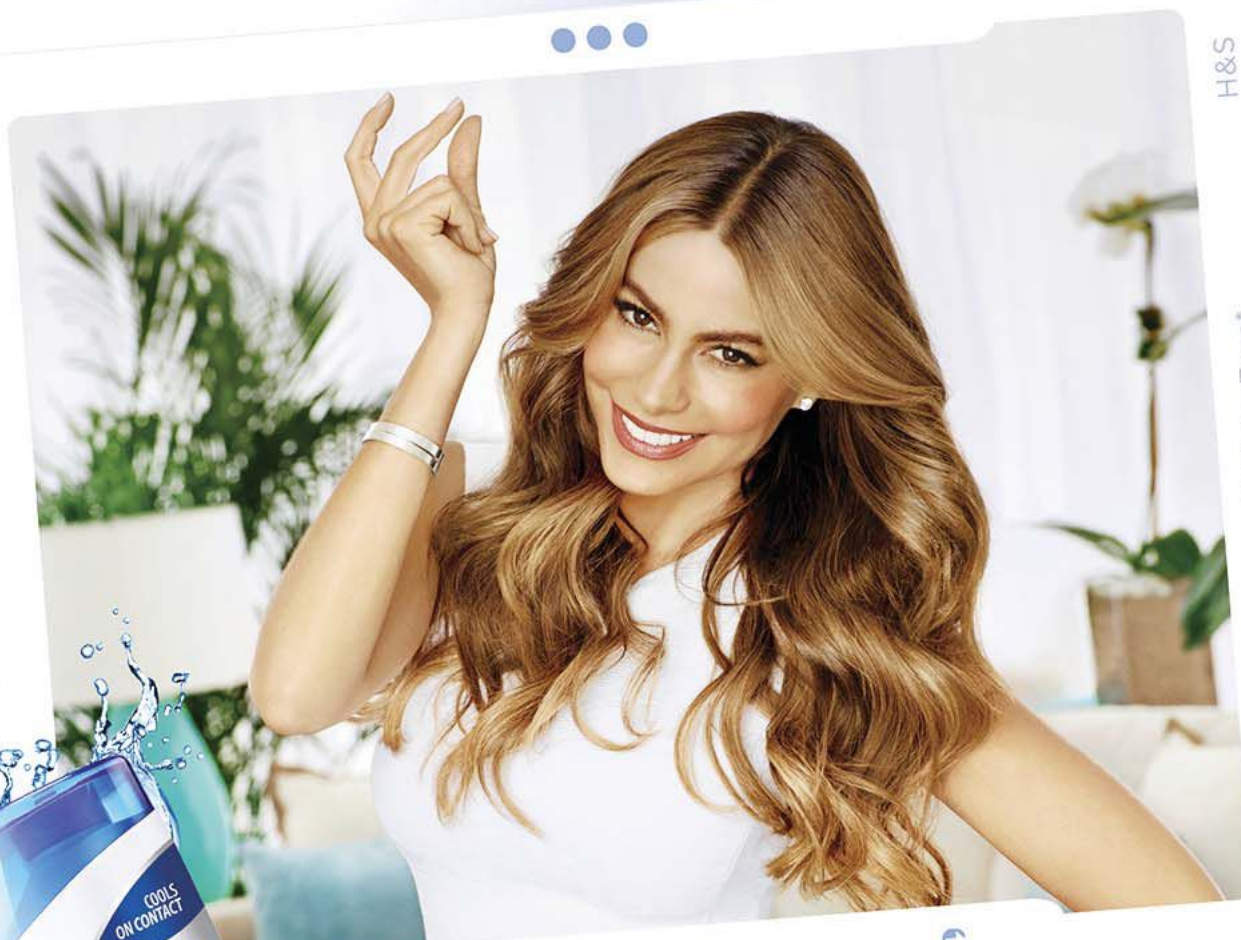
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march
2015



OUR "NEW" LOGO: LOOK FAMILIAR?

The typeface comes directly from our iconic Seal. We love how crisp and clean it looks on our cover—we hope you like it, too.



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Rizzoli & Isles
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GOOD HOUSEKEEPING



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Organizing cover photographed by Lisa Romerein.

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I CHALLENGE YOU TO SUM YOURSELF UP IN A WORD. WE DID... AND FOUND IT DIFFICULT, ENLIGHTENING, FUN AND REWARDING

A FEW YEARS AGO, I participated in an art exhibition called *Mille Femmes*. The concept is the brainchild of French photographer Pierre Maraval, who travels the world shooting portraits of 1,000 women within a given community. In order to take part, I had to describe myself in one single word—how I saw myself at that moment.

Let me tell you, it's really hard to sum up who you are in one word! But in the end, I found the exercise to be as rewarding as it was challenging. It forced me to examine my roles, the world and how I envisioned myself within it. It also helped me recognize what aspects of myself I wanted to work on and how much I'd accomplished already.

With spring on the way, it's the perfect time to assess where you are and where you want to go (new beginnings!), so I encourage you to choose your *own* word.

In our busy lives, we rarely take the time for self-reflection, so indulge in a few minutes of wordplay. If you're struggling, talk it through with the people who know you best. I hope it's as fun and rewarding for you as it was for me. And whatever your word, embrace it. There's only one you!



Jane
Jane Francisco,
EDITOR IN CHIEF

jane@goodhousekeeping.com

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fiery



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Beauty
Assistant

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—APRIL
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DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ **Dryness/itching**
- ▶ **Burning/stinging**
- ▶ **Feeling like something is in your eye**
- ▶ **Sensitivity to light**
- ▶ **Blurry vision**
- ▶ **Problems wearing contact lenses**
- ▶ **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

➡ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.

➡ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.





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\$85, store
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- ☐ PRINTED PUMPS
- ☐ THE "MESSY" KNOT
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- ☐ RETRO SUNNIES
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- ☐ BLACK + WHITE
- ☐ BOLD BROWS
- ☐ SILVER
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- ☐ MINIMAL MAKEUP

*turn the page to
start shopping!*

\$220, saturday.com

\$79, llbean.com

what's now

GINGHAM

Picnic plaid is *the* pattern for spring. Think Dorothy's iconic dress—here, in purse form.

\$45, target.com

mani must:
berry!

Essie polish in
Flowerista, \$9,
essie.com



what's now

PRINTED PUMPS

Add a little kick to your uniform T-shirt and jeans with floral, camo or tribal heels!

\$50, callit
spring.com

\$149, dune
london.com

\$34, lulus.com



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MILLIONS OF
WOMEN WHO
WAKE UP TO
FATIGUED SKIN**

■ ■ ■

what's now

THE "MESSY" KNOT

Master the fresh, relaxed take on the chignon in three easy steps. (PS: Not just for nights out!)

1

Apply a dollop of mousse to damp roots, then blow-dry hair smooth with a round brush. Schwarzkopf Styliste Ultime Biotin+ Volume & Texture Superb Volume Mousse, \$7, Walmart

2

Spray heat protectant all over; flat-iron. At natural part, tie hair into a low ponytail, twist it around elastic, then pin.

L'Oréal Paris Advanced Hairstyle Sleek It Iron Straight Hairspray, \$5, drugstores

3

Pull a few front strands out on one side; set with hairspray.

John Frieda Frizz Ease KeraFirm Firm Hold Hairspray, \$10, drugstores

Taylor Schilling

Source: Richard Marin, celebrity hairstylist for Remington in L.A., who created the look

what's now

BOXY BAGS

Mini...because you don't need to take the kitchen sink to dinner.



\$35, shopprima donna.com



Santi, \$205, 843-723-5591



INC International Concepts, \$59, macys.com



\$36, cocoloves rome.com

you'll be seeing green

OPI Nail Lacquer in That's Hula-rious!, \$10, Ulta

what's now

RETRO SUNNIES

Feline-inspired frames in candy colors are the cat's meow. (Pssst...the upturned wings thin a full face.)



\$78, isaac mizrahi.com

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garnierusa.com

what's now

SPORTY SLIDES

Those soccer sandals from the nineties are back, but way cuter—and effortlessly cool with a breezy dress.



\$25, target.com



\$185, glamourpussnyc.com



Franco Sarto, \$69, zappos.com



Nine West, \$69, amazon.com



Franco Sarto, \$69, zappos.com



GX by Gwen Stefani, \$70, nordstrom.com



what's now

BLACK + WHITE

Outfit extras in the classic contrasting combo evoke old-Hollywood glamour.

1. GX by Gwen Stefani, \$90, heels.com. 2. \$25, colorbyamber.com. 3. Pour la Victoire, \$143, myhabit.com. 4. \$158, isaacmizrahi.com.

DAVID LAWRENCE/Studio D, styling by Kris Jensen for markedwardinc.com (7); STUART TYSON/Studio D (shoes, cuff); Getty Images (Jessica Alba).

what's now

Jessica Alba

BOLD BROWS

Full arches give the illusion of larger eyes, making you look rested and more youthful, says Rick DiCecca, global makeup artist for Artistry.

Here's how:

1. Dip a liner or brow brush in a powder eye shadow that matches your hair (a softer finish than pencil), then run through brows from inner corners out.

2. Use a tinted brow gel (the one at left is laced with hairlike fibers) to brush brows up.

TRY: Benefit Gimme Brow, \$22, benefitcosmetics.com (left); Maybelline New York Eye Studio Brow Drama Sculpting Brow Mascara, \$8, drugstores.

AgeDefy

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EXPERT
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BREAKING NEWS

THE **REVIEWS ARE IN** AND THEY'RE **GLOWING***



"In 30 years I have never found a hair coloring this good, not even professionally." - *Carolyn L*



"My hair feels softer now than before I colored it." - *Lori H*



"It made my hair look young again." - *Jo Ann C*

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Morgan Taylor
Professional Nail
Lacquer in Could
Have Foiled Me,
\$9, salons

what's now

SILVER



Take a shine to brushed or matte metallics. Day or night, a little glitz is always appropriate. Hi-ho, silver!

1. \$20, mintandlolly.com. 2. BCBGeneration, \$58, dillards.com. 3. Loeffler Randall, \$250, piperlime.com. 4. French Connection, \$130, nordstrom.com. 5. Marc by Marc Jacobs, \$150, solsticesunglasses.com.

Dior Vernis in
Glory 660, \$27,
department stores

try fuchsia with a
silver accent nail!

Lauren Ralph
Lauren, \$98,
ralphlauren.com

Antonio Melani,
\$169, dillards.com



what's now

\$19, forever21.com

PASTEL CLUTCHES

Noticing a trend? Bags are seriously downsizing this season. Trade your massive tote for something more compact in a pretty shade of pale.



XOXO, \$59,
belk.com.

\$39, south
moonunder.com

what's now

SEA
BUCKTHORN

This Himalayan berry is poised to be the next anti-aging powerhouse. "Its oil is packed with healing and protective omega fatty acids and antioxidants," says GHI chemist Sabina Burdzovic-Wizemann. We found the secret ingredient in these Lab picks: Aubrey Age-Defying Therapy Serum, \$15, aubrey-organics.com (right) and Weleda Sea Buckthorn Body Oil, \$26, Whole Foods Market.

FROM OUR
BEAUTY
LAB



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relief that lasts 24 hours

instantly
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Grab and go for a hit of style on the fly.
\$298, henribendel.com



A honeycomb statement necklace? Sweet!
\$69, anntaylor.com



what's now

INSECTS

Bags, shoes, jewelry...everything is crawling with bugs for spring. And we love it!

Fancy studs that won't sting your wallet.
\$28, c wonder.com



What a bee-utiful blouse!
\$98, anntaylor.com



The prettiest way to watch time flutter by.
\$120, oliviaburton.com



Created to capture the subtle iridescence of a butterfly's wing.
Lipstick Queen Butterfly Ball Shimmer Treatment Lipstick in Trance, \$24, lipstickqueen.com

butterflies!



Cascades of ethereal fabric float like a butterfly.
Disney's Cinderella, the Collection at Kohl's, \$48, kohls.com



We're drawn to this tote like a dragonfly to a flower.
\$250, tedbaker.com



catch a buzz!



Hopefully no one will step on your feet when you're in these great ant slip-ons.
\$50, keds.com



what's now

MINIMAL MAKEUP

All that you need to look naturally great on the go? Check! Check! Check!

❑ **CLEAR BALM** Swipe the magic multitasker on lips to soften, lashes and cheekbones to define and brows to shape. 1. Clinique Repairwear Intensive Lip Treatment, \$27, department stores.

❑ **CREAM BLUSH** Blend on cheeks *and* lips for a flattering monochromatic look. 2. Revlon Cream Blush in Flushed, \$13, drugstores. 3. Clarins Multi-Blush Cream Blush in Grenadine, \$30, department stores.

❑ **HANDY HYDRATOR** Use a dab to smooth dry hands and fly-away strands. 4. Paul & Joe Energize and Relax Hand Creams, \$15 each, b-glowing.com.

❑ **ONE-POT WONDER** This Swiss Army Knife of the beauty world is a liner, shadow, brow tint and root touch-up. 5. Giorgio Armani Beauty Eye & Brow Maestro, \$34 each, armanibeauty.com. 6. IT Brushes for Ulta Live Beauty Fully Angled Liner/Brow Brush, \$16, Ulta.

❑ **NUDE PENCIL** It's an eyeliner and cover-up *plus* lip base. 7. Rimmel London Exaggerate Waterproof Eye Definer in In The Nude, \$6, drugstores.



📺 Watch GH's beauty director demo the best cream blush technique at goodhousekeeping.com/beautyhowto.



actual
size!

Stephanie Johnson
Galapagos Mini
Pouch in Orchid,
\$33. stephaniejohnson.com

WIN OUR SPRING BEAUTY PICKS!

GO TO GOODHOUSEKEEPING.COM/MAKEUP TO ENTER
FOR THE CHANCE TO SCORE BIG. DETAILS, PAGE 147.



Spring

FLING

Sasha Alexander, costar of TV's *Rizzoli & Isles*, flirts with this season's must-have looks in beautiful Santa Barbara, CA

BY RACHEL BOWIE

meet the
mom of two
on page 35

black & white

The combo is fresh and modern. Mix stripes, polka dots, graphic prints—anything in your closet sans color. It's that black and white.

Top, \$79, anntaylor.com. **Lauren Ralph Lauren shorts**, \$79, ralphlauren.com. **House of Harlow 1960 bracelet**, \$68, glamboutique.com. **Sol Sana shoes**, \$90, peppermayo.com.

HASKELL'S BEACH

At low tide, this stretch of surf and sand near the Bacara Resort & Spa opens up, giving beachcombers access to nearby scenic spots.

LUCKY PENNY

Count 'em: 164,456 pennies dot the wall of this cute café, part of Santa Barbara's "Funk Zone," a cluster of cool shops, wine-tasting rooms and more.
luckypennysb.com

dressed-up denim

Finally, you can wear jeans to work. (Well, sort of.) Polished, office-appropriate denim pieces like this structured indigo jumper are a must-buy.

Dress, \$245, 7forallmankind.com. Earrings, \$50, ruegembon.com. Ring, \$34, anntaylor.com. Clutch, \$85, deuxlux.com. Michael Kors shoes, \$135, zappos.com.

PHOTOGRAPHS BY THAYER ALLYSON GOWDY

A woman with blonde hair, wearing a red patterned dress and brown strappy heels, is standing on a wooden ladder. She is smiling and looking towards the camera. The ladder is leaning against a wooden wall that is covered in shelves of wine bottles. A chandelier is visible in the upper left corner.

boho chic

A blousy dress in a groovy print says "haute hippie." Keep hair loose and freewheelin' to echo the bohemian vibe.

Michael Michael Kors dress, \$150, michaelkors.com. Lauren Ralph Lauren shoes, \$110, macys.com. Beq Pettina necklaces, \$62 and \$65, etsy.com. House of Harlow 1960 ring, \$52, glamboutique.com.

LES MARCHANDS

Locals drink up the wine selection, with tasty tapas, at this low-key wine bar and shop. Try a glass and leave with a bottle! lesmarchandswine.com

DIANI LIVING

Co-owner Caroline Diani curates a mix of global and local home decor in her concept store, an offshoot of her clothing boutique. dianiboutique.com

romantic ruffles

Sweeten basic jeans with a flirty top in an airy fabric. And just for the frill of it, look for girly details like flutter sleeves and lace insets.

Jessica Simpson top, \$44, lordandtaylor.com. Jeans, \$198, 7forallmankind.com. Chinese Laundry shoes, \$90, dailylook.com. Jewelry courtesy of dianiboutique.com.

**LA SUPER-RICA
TAQUERIA**

Tortillas are made fresh by the hour at this no-frills taco stand, famously endorsed by Julia Child. 805-963-4940

geometric
prints

Triangles, circles and hexagons (think geometry class!) are taking shape for spring. We heart the pattern play on this endlessly flattering fit-and-flare dress.

Dress, \$398, trnaturk.com.
Sunglasses, \$44, threadsence.com.
Bag, \$50, dailylook.com. Shoes,
\$39, amiclubwear.com.



everyday eyelet

Peekaboo overlay is a ladylike way to show a little skin. Pair a casual skirt with a tennis sweater, a red clutch and sneakers to score a style hole-in-one!

Sweater, \$88, designhistoryny.com. **Skirt**, \$187, shopzinke.com. **Necklace**, \$40, and **bracelet**, \$80, ruegembon.com. **Watch**, \$120, tokyobayinc.com. **Ring**, \$39, anntaylor.com. **Shoes**, \$80, dolcevita.com.

BACARA RESORT & SPA

Treat yourself to a stay at this stunning Spanish-style resort by the sea. Don't miss the rooftop spa! bacararesort.com

little white dress

Hang up your LBD: White is the new black! Shop for figure-flattering neoprene and a halter cut to showcase shoulders.

Dress, \$395, pinktartan.com.
Bracelet, \$54, anntaylor.com.
Dolce Vita shoes, \$55, dailylook.com.

THE LARK

Go loco for the train-inspired touches in this upscale eatery, named after an overnight Pullman car that serviced Santa Barbara from 1910 to 1968. thelarksb.com

spotlight on... SASHA

It was the Twitter campaign heard 'round the office: Sasha's social-media fans asked to see her on the pages of *GH*—and here she is! Known for her role as Dr. Maura Isles on the hit TNT show *Rizzoli & Isles*, Sasha hangs up her scrubs (temporarily!) for an edgy guest part as a college professor on the Showtime series *Shameless*. Offscreen, she's married to director Edoardo Ponti (he's the son of fashion icon Sophia Loren!) and mom to kids Lucia, 8, and Leonardo, 4. We chatted with the actress about cute clothes and her celeb mother-in-law.

FAMOUS FASHION POLICE

Recently I wore a shirtdress that my mother-in-law thought was too short. But I had on black tights! She didn't say anything negative, just commented that it was rather sexy. I said, "Great! *And?* I don't see your son complaining!"

GUILTY PLEASURE I'm an arts-and-crafts nerd. It's a dream of mine that when I retire, I'll open a paper store. I love ribbons and cutting paper—all of it! I have a partner in my daughter. When other moms in her school find out I'm crafty, they think it's so funny. They're like, "Wow! OK! Have Sasha do it!"

SURPRISE TALENT I was an ice skater from the time I was 4 until I was 14. I hurt my knee, so I couldn't pursue it anymore, but it was a huge part of my childhood because I practiced before *and* after school!

WORKOUT SECRET I do the Tracy Anderson Method. I also run around with my kids. I play soccer with my son and dance with my daughter. I don't worry about weight—I worry about my health. If I don't have the energy to get through my day, that's when I say, *What am I doing wrong?*

PERFECT SATURDAY NIGHT A Ponti family movie night! We're all in our pajamas, and we stay home and pick a movie to watch with the kids. My husband makes this amazing chocolate fondue, which we eat with strawberries and bananas. The kids get so excited!



playful lace

The delicate fabric is stylish, not stuffy, worn with white jeans. Remember: No head-to-toe lace. (A lace "outfit" feels a little mother-of-the-bride.)

Reiss top, \$240, 212-488-2411.

Jeans, \$168, dl1961.com. Eva

Mendes Collection for NY&Co

cuff, \$33, nyandcompany.com.

Shoes, \$128, anntaylor.com.

Bag, \$49, kohls.com.

MUNICIPAL WINEMAKERS

It's BYOF (Bring Your Own Food) at this chill tasting room, known for (affordable) small-batch wine. municipalwinemakers.com

try the trend

for LESS

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\$149
tommy.com



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joefresh.com



\$22
forever21.com

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DENIM

\$42
Bongo,
sears.com



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bodenusa.com

\$75
dailylook.com



\$22
oldnavy.com



**EVERYDAY
EYELET**

\$89
bebe.com



KEVIN SWEENEY/Studio D, styling by Miko Katoh (stillis)



\$55
dailylook.com



**LITTLE
WHITE
DRESS**

\$139
anntaylor.com



\$55
The Letter, gilt.com



\$40
dailylook.com

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#1 selling
stretch mark
product.*



"I've never written to a company before, either in praise or complaint of a product, but feel compelled to do so in this case. A few months back my father cut his forehead quite badly. It healed well, but left a really noticeable scar. A friend recommended Bio-Oil and the results were outstanding. Before long, the scar improved and now you can barely see it! I was so impressed that I also tried it on my uneven skin tone, and after only two months, the marks are not only significantly lighter, but my skin has never looked or felt better. Thanks for a product that does what it promises!" Claire Davies

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ON THE HOME FRONT...



SARAH RICHARDSON
HOME DESIGN DIRECTOR

"Spring clean-out: That's me loading some old furniture into my '51 Chevy. The stuff will get a new lease on life at my neighbors'!"

FOLLOW ME @SarahRichardsonDesign

WHAT WE'RE EXCITED ABOUT THIS MONTH



FANCY FILES

Get sorted with this pretty teal file cabinet, perfect for organizing everything from bills to kids' artwork. **\$159, cb2.com**



MAGAZINE HAMMOCK
Stash glossies in one (stylish) place with a sleek leather holder. **\$225, luluandgeorgia.com**

CLUTTER KEEPERS

Size up, then box up, any mess using an assortment of canvas nesting bins. **\$52 for four, crateandbarrel.com**



CHEVRON TRAY

Use this eye-catching catchall to hold mail, as a stylish serving piece or atop your dresser as a place to keep accessories. **\$95, jaysonhome.com**



HAUTE HOOKS

Solid brass geometric wall hangers are infinitely chicer than a coatrack in an entryway or mudroom. **\$98 for two, kaufmann-mercantile.com**



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Sarah Richardson
Home Design Director
@SarahRichardsonDesign

Q

How should I size an area rug? Is there a rule as to what width its borders should be?

→ Ideally, the rug's edges should be 12 to 14 inches from the room's perimeter. If your room is long and narrow and you're looking for an affordable option (versus a custom rug), consider laying two rugs side by side and connecting them with strong carpet tape (from a hardware store), like I did at right. And if you want to make the rug anchor the room properly, try to ensure that at least the front legs of all furniture pieces overlap the rug by about six inches.



INSTANT UPDATE

Replace dingy, worn brass doorknobs with a cool metal like nickel for a modern look or refresh. Keep in mind that all hardware should be in the same finish, so swap out hinges and strike plates, too.



**WORN:
BRASS**



**WOW:
NICKEL**
*Octagon Knob,
\$112 (for full set),
emtek.com*



Q

MY KIDS AREN'T THRILLED ABOUT SHARING A ROOM. ANY IDEAS TO HELP MAKE A SHARED SPACE FUN?

Bunk beds are a go-to solution for this, but I'm a big fan of lining up kids' beds end to end; it makes the room feel more open, and the beds can double as a lounge area. Instead of buying twin frames, I made the beds shown here using lumber and trim, then attached them to the wall. A set of box-pleated skirts across the front conceals hidden storage—a must for a room that's doing double duty!

✚ HAVE A QUESTION? E-MAIL SARAH@GOODHOUSEKEEPING.COM.

20 ways to do KELLY GREEN

Tip your hat to the Irish with hits of this vibrant, feel-good color. Sham-rocking!



1
**EMERALD
AISLE**
A saturated
runner creates
a grand
entranceway.

2

FEED YOUR FACE

Weleda's nourishing "skin food" hydrates with all-natural extracts of organic pansy, chamomile and calendula.

\$19, usa.weleda.com



3

ALL ABOUT THAT BASE

Quirky scrolling makes this table lamp a convo piece.

\$237, luluandgeorgia.com

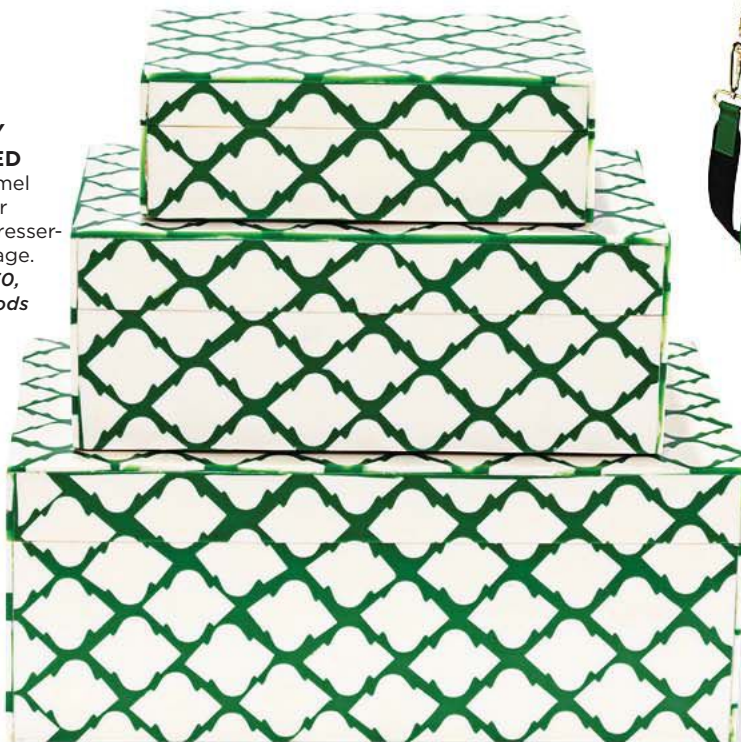


5

PRETTY STACKED

Use enamel boxes for stylish dresser-top storage.

\$13 to \$30, homegoods.com



Green is big on the fashion scene; keep it enviable with subtle accessories.



4

GET CUFFED

Chrysoprase stones with rhinestones and gold!

\$220, hauteheadquarters.com



6

PURSE FULL OF POSIES

Ring in spring with this garden-party satchel from Kate Spade.

\$328, katespade.com

7

A REAL GEM

Repurpose the malachite jar when the candle burns down.

\$125, modaoperandi.com





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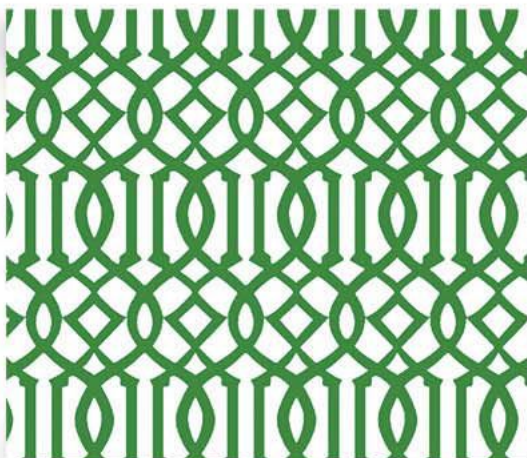
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8

PREPPY PRINT

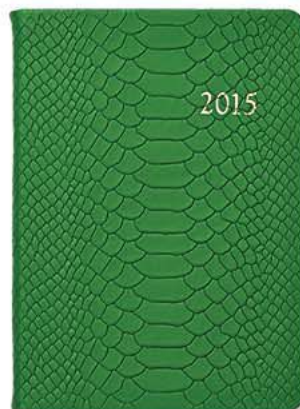
This trellis-print fabric, inspired by designer Kelly Wearstler, would make the perfect pillow. \$17.50 per yard, spoonflower.com



9

NEW LEAF

Stylishly stash makeup in Sonia Kashuk's compact case. \$17, target.com



10

DEAR DIARY

Vow to be more organized with a posh planner. \$70, graphicimage.com



11

FANCY A SIP?

Mix up an old-fashioned worthy of Gatsby in a crystal highball. \$80, bloomingdales.com



12

TOP DRAWER

All socks and underwear should be so lucky as to have a home like this stunning lacquered dresser. \$2,499, onekingslane.com



13

Irish eyes are smiling on this pattern pileup.



"We talk a lot,
we laugh a lot,
we cry a lot."

JD AND YOLY W.

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She has a magic flair for gardening and cooking.
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14

CURTAIN CALL

Floor-to-ceiling fabric looks bold and adds a bit of drama to any room.

\$198, serenaandlily.com



try:



KELLY GREEN
Benjamin Moore
\$37 per gallon,
benjaminmoore.com

pair with:



TAHITIAN BREEZE
Behr
\$33 per gallon,
behr.com



AWAKENED
Kelly-Moore
Paints
\$35 per gallon,
kellymoore.com

15

PILLOW TALK

Add texture to the sofa with pillows in a mix of materials, such as this hand-embroidered splurge paired with cotton canvas and suede.

\$148, serenaandlily.com





16

IT'S H&M!

The clothing store hits a home run with this small glass vase. \$8, hm.com



18

GREEN BEAUTY

Tata Harper's beautifying face oil blends camellia flower oil and argan oil for a hydrated glow. \$48, tataharper.skincare.com

JELLY KELLY
The classic doctor's bag reimagined in silicone. \$298, pisidiausa.com

19



17

WRAP STAR

You'll be tempted to wear this cashmere throw pashmina-style. \$299, lampsplus.com



20

OUTFIT MAKERS

Strappy, bejeweled heels from Jerome C. Rousseau instantly transform any look. \$695, bloomingdales.com

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1 CREATE A KITCHEN HANGOUT

Short on cabinet space? Attach a painted pegboard (available at hardware stores) to the wall, then loop in metal hooks for a display that'll keep your most-used tools neatly in one place.

16 *ways to* ORGANIZE YOUR LIFE

Declutter and regain control in every nook and cranny of your home, starting right now. Junk drawer, you've been warned!

2 Explore under your stairs

Transform this dead zone into bonus storage. Three tricks, *left to right*: Install custom shelving with stylish baskets for each family member; hang coat hooks and prefab shelves for a budget-friendly mudroom that keeps outerwear in one place; or add cabinetry and a countertop, and presto! You have a butler's pantry dedicated to serving items, wine and more.



Living4media (top left); Time Inc. UK (2); Getty Images (2); KEVIN SWEENEY/Studio D (heels).



3 ORGANIZE SHOES HEEL TO TOE

It maximizes space (room for more shoes!) and gives you a quick survey of color, toe style and heel height to help speed up getting dressed.

—Andrea Rapke Knowles, founder of *The Organized Move*, a relocation company

4

MAKE A MASTER GROCERY LIST

Save a few of your old receipts and type up a master for what you buy often, grouping items by where they are in the store so you can breeze through shopping. Print it out and post it in the kitchen; put a check next to items as you run out.



5

TRY A NEW TIDY-UP TRICK

Meet your new secret weapon to get kids to put away their stuff!

Toss a hula hoop on the floor and challenge them to pick up everything inside the ring and return it to its proper place—designated bins make it easy for little ones to know where things go.

(See tip number 9.) Keep tossing 'til the floor is clear. —Leslie Josel, creator of *Order Out of Chaos*, a consulting firm



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6

USE YOUR AIR SPACE

Junk drawer jammed with menus, dry cleaner tickets, stamps and other stray papers you can never find when you need them? Store them at eye level instead: Sort everything into categories and file in Post-it Pockets (\$6.59 for three), which stick on the inside of kitchen cabinet doors. —*Leslie Josel*



7 Clean by the clock

When you're overwhelmed by a room so messy you don't know where to start, imagine the floor plan as a clock face. Pick a corner you consider to be 12 and focus on completely decluttering only that area before moving on to 1, then 2, and so on until you're finished. Breaking it down into a step-by-step system makes cleanup quicker.

—*Maxwell Ryan, CEO and founder of Apartment Therapy*



8

NIX JUNK MAIL

Prevent catalog pileup (and go green!) with 41pounds.org. For \$35, they'll halt 41 pounds of junk mail a year. Plus, a portion of your fee goes to an environmental charity.

—*Jill Pollack, organizational expert*

9 KEEP KID CLUTTER FROM TAKING OVER

...and do it in style by using affordable and practical furnishings in new ways.

Hang premade kitchen cabinets from IKEA in your playroom. Replace the generic hardware with cute new pulls to create unique architectural storage for a fraction of the cost of built-ins, says interior designer Brian Patrick Flynn. Label each cabinet with a photo of the types of toys that go into it (so pre-readers can understand).

Swap a coffee table for a lidded ottoman or a steamer trunk you pick up at a stoop sale. So sturdy: perfect for holding blocks.

Wrangle the art projects by scanning photos of the treasures your kids bring home to create a digital folder of memories instead of letting the projects invade every shelf. Save one or two special ones, not every one!

10 Streamline homework

Fill a clear plastic bin (find them at a craft store) with pencils, scissors, rulers, etc., so your child doesn't burn through precious play time hunting for supplies every day. When the assignments are done, everything gets returned to the bin and your child sets up her backpack for the next morning — so the only thing scrambling in the A.M. is an egg. — *Leslie Josel*



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TONE IT DOWN | \$18

A more muted mani is the perfect detox from last year's over-the-top nail art craze. Bonus: More natural tones make fingers look longer and hands younger.
deborahlippmann.com

A LITTLE BIT COUNTRY | \$5 EACH

Even a belated "thank you" note will be well received when it comes with some retro Dorothy flair.
fermeapapier.com



BOHEMIAN CHIC | \$12 EACH

These gold accents bring high style (without the stuffiness!) to your weeknight dinner table—or a more formal Easter spread.
Trellis Glasses; anthropologie.com



new finds



"Seasonal trends shouldn't just impact your wardrobe," says **Kristine Brabson**, site director for GoodHousekeeping.com. "Add a touch of trendy flair to all your everyday go-tos." Here, some great finds that transition some of spring's hottest runway styles to a few fun favorites.

A MESSAGE FROM

CHEVROLET MALIBU

QUIET STRENGTH. THE 2015 CHEVROLET MALIBU OFFERS A SMOOTH, REFINED RIDE AND INNOVATIVE STOP/START TECHNOLOGY THAT CAN SHUT OFF THE ENGINE WHEN YOU STOP (SAVING GAS*), THEN START IT AGAIN—AUTOMATICALLY.



CHEW ON THIS | \$3 PER PACK

It was only a matter of time before gum got hip. Go for classic mint or some unexpected flavors (Maple! Ginger!) that all come together in cute packaging and just six simple ingredients.
Simply Gum, simplygum.com

CHEVROLET MALIBU

Today's midsize sedan buyer wants it all! And **MALIBU** delivers, with a "2.5-liter inline four-cylinder base engine that is state of the art," notes *Car and Driver*. Couple that with undeniable good looks and reliable connectivity of the available 4G LTE Wi-Fi** for a driving experience you'll want over and over.

*EPA-estimated MPG city/highway 25/36

**Requires compatible device, active OnStar service, and data plan. See onstar.com for system details and limitations.



MUTUAL FUNDS OR MUTUAL FRIENDS?

CHEVROLET MALIBU

With an EPA-est. 36 MPG hwy, Malibu helps you get away with your friends with a lot fewer stops. When you set out to Find New Roads, you become the most awarded car company of the year.¹



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J.D. POWER'S 2014
"HIGHEST RANKED
MIDSIZE CAR IN
INITIAL QUALITY."²

FIND **NEW** ROADS™

CHEVROLET



¹ Based on awards received in the past 12 months, ending November 2014. ² The Chevrolet Malibu received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power 2014 Initial Quality StudySM. Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com.

Learn more about wholesome snacking at Sargento.com/snacks

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See Nutrition Information for Fat and Saturated Fat Content
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WE'RE
REAL CHEESE
PEOPLE™

11 CODE WITH COLOR

Assign each family member his or her own hue and use this as an organizing principle all over the house — each person's toothbrush, towel, laundry hamper and even sheets can be coordinated in the designated shade, making it easy for everyone to find their own stuff and (more important) put it away.

—Sharon Tindell, chief merchandising officer, The Container Store



12

GO DIGITAL

Save receipts on the fly with **Shoebboxed**, an app that lets you photograph store slips or forward e-mail receipts (\$9.95 a month, shoebboxed.com). Everything is stored on a searchable server.

—Donna Smallin, author of *Clear the Clutter, Find Happiness*

13

DE-CHAOS YOUR CLOSET

Take tried-and-true outfits and hang the items together — shirts, pants, accessories. (This is how fashion shows organize clothes.) Getting dressed just got easy!

—Stacy London, star of TLC's *Love, Lust or Run*

14

CONTROL CORDS

Stop guessing which cord on your power strip goes with what: Save the plastic tags from loaves of supermarket bread, write the name of each device on a tag and clip it around the relevant cord. Genius!



15

HANG UP YOUR BOOTS

Attach them to skirt hangers to save closet floor space. (Clip over fabric to avoid marks on leather.)



16

Upgrade your garage

There's no rule that says it has to be gross. Trade dingy decor for something functional and cheery, like this graphic garage created by the crew at *A Beautiful Mess*, a lifestyle company. Wire baskets and hooks keep supplies and tools off the floor and within easy reach.

KEVIN SWEENEY/Studio D (bread ties); Alamy (hanger); Elsie Larson from the blog *A Beautiful Mess* (bottom right).

ask HELOISE

GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments



THE PROBLEM

My pet had a little accident. How do I nix the smell of urine on...

3 SOLUTIONS

CARPET? Soak up with paper towels by blotting (don't rub!). Mix 1 cup water and $\frac{1}{8}$ tsp. dish soap; blot with a dishcloth, working toward the center. To remove soap, mix 1 Tbsp. white vinegar in 1 cup water; dab; blot with paper towels.

CERAMIC TILE? Wipe up with your normal tile cleanser. If the tile is glazed, that's it! If the tile *isn't* glazed or the liquid has spread to the grout, use grout cleanser; then, to remove odor, make a thick paste with water and baking soda, rub in, let set until dry and wipe up.

WOOD? If it has a sealant, use paper towels to absorb urine; clean with your normal floor cleanser. If the urine has soaked in and odor lingers, use an enzyme-based pet-odor remover (sold at pet stores).



Keep your cat's litter box clean; otherwise, she may go outside it.

Q

My new wool rug came wrapped in heavy plastic. When I opened it, the [plastic] odor was strong, so I aired it outside for several days, but it still smells. Help! —S. Ambron

You did the right thing, but it will take a bit more work. The rug might have sat for a while in a hot warehouse or truck where the plastic got warm. Plastic can off-gas (i.e., release) odorous chemicals, especially when heated, and the rug could have absorbed those chemicals. Your carpet probably just needs to air out longer; this time, drape it so both sides are exposed to fresh air.



Secret Weapon: Used Dryer Sheets

I dampen them to clean fan blades; use them to dust shelves, books and plant leaves; and stash them in my lingerie drawer, my boots and the trash can for a fresh scent.

SILVER, GOLD + PRECIOUS STONE CLEANSER



$\frac{1}{2}$ TSP. MILD DISHWASHING SOAP,
 $\frac{1}{2}$ TSP. AMMONIA,
1 CUP WATER

+



SOAK 3 TO 5 MINUTES

+



BRUSH WITH A SOFT TOOTHBRUSH AND DRY WITH A MICROFIBER OR TERRY CLOTH TOWEL

=



just like new!

Not for use with pearls or "soft" stones (e.g., opal, lapis).

DON'T MISS ANY OF HELOISE'S HINTS
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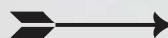
Frame paper or fabric swatches.

Showcase collectibles — like these bright wallpaper samples — in matching frames (the thrifty white ones here are from IKEA) arranged in a unifying grid.

Frames, \$8, ikea.com.



ALL IN THE FAMILY



Two kids, a dog and creative couple Meta and Nick Coleman all find their place in this light-flooded yet cozy home at the foot of Utah's Wasatch Mountains



Go white on white.

White living room furniture in a house with kids? It's smart when fabrics (a leather couch) and surfaces (the plastic rocker, the lacquer table) are durable and easy to wipe clean.

A fiddle leaf big tree is a natural air freshener!



Fair Isle Swedish Blue Rug, \$503, dashandalbert.com. Floor lamp, \$299, landofnod.com.

Display your best dishes.

Use open-storage cabinets (it's a cinch to remove doors). Pick colors that complement the rest of the kitchen — the pale teals and yellows here echo the backsplash and Josef Frank wallpaper, *opposite*, on the stairwell wall.



Cookbooks are close at hand thanks to clever shelving





Create a kiddie corner.

This kitchen-based art-and-play station keeps little hands occupied during meal prep. Essential for supplies (as well as bills and letters): an ultra-organized wall unit.

Vitra Uten Silo Wall Storage, \$443, us.amara.com. **Marble server**, \$30, cb2.com. **Place mats**, bohem.co.



Mix and match your art.

Make a varied (anything goes!) collection accessible for adults and kids alike. Group multiple sizes of portraits and landscapes in eclectic frames above and below eye level.

\$22 per
quart,
benjamin
moore.com.

*It's
chalkboard
paint!*

Play with patterns.

Cozy gingham bedspreads (for dollies, too) are fun with sophisticated Marimekko curtains. Just keep the colors in the same hues, like the happy, kid-friendly reds in daughter Maja's bedroom.

Floor lamp, \$149, crateandbarrel.com.

Curtain fabric, \$53 per yard,
marimekko.com.



STORAGE SOLUTIONS

Kids come with a lot of stuff. Steal these clever ideas to stash it neatly



ORGANIZE IN STYLE

Take your kids' rooms from chaotic to collected by tackling the three toughest problem areas:

PLAYTHINGS

Store toys, collectibles and crafts on open display shelving like the unit above, designed by a carpenter for son Henrik's room. Your child will have easy access to favorites, and it'll double as wall art.

CLOTHES

Sweet vintage dresses line the bottom of Maja's closet, making it easy for her to pick out her own outfits. Bright red bins on the top shelf store out-of-season clothes and keep clutter out of sight.

BEDSIDE

Kids need nightstands, too! Choose one with a drawer for stashing small items as well as storage for favorite reads.



Hang a masterpiece in the master.

Neutral walls, carpeting and bedding are the perfect backdrop for the main bedroom's pièce de résistance: a big, bold seascape.

Striped pillows, bohem.co.



Switch up
pillows
from room
to room

GET THE LOOK

Feeling inspired by this fabulous home?

Go shopping!

These five decor destinations are loaded with everything from fabrics to furniture

BOHEM

Many of the goods (textiles, furniture, dinnerware and even jewelry) are designed by husband-and-wife team Adam and Chelsea James, who also work with artisans in India to create one-of-a-kind rugs and fabrics.

bohem.co

THE GREEN ANT

A great resource for buying (and selling) mid-century modern furniture as well as discovering new designers, all at reasonable prices.

thegreenant.com

FABECO

Snag hard-to-find Josef Frank fabrics (like the pillow at left) through this Etsy shop. Not handy with a needle and thread? They sell premade pillows, too.

etsy.com/shop/fabeco

SCHOOLHOUSE

ELECTRIC & SUPPLY

Perfect for one-of-a-kind lighting fixtures, cool decorative accessories and stylish bedding, all with a mid-century modern and vintage vibe.

schoolhouseelectric.com

DESIGN COMPANY FABRICS

Browse vintage prints, luxe velvets, Marimekko oilcloth and lots more at this warehouse and online shop. Bonus: Almost everything is available at a discount.

designslc.com



Mount lighting on the mirror.

Installing it on a reflective surface bounces light all over, making the room seem bigger and you seem brighter.

Chemistry vases, \$5 to \$6 each, cb2.com.



IT'S NO SURPRISE THAT *a* HOSPITAL DESIGNED *by a* PATIENT IS LOVED *by* PATIENTS.

Jon Huntsman, Sr., has had cancer four times. So he's spent enough time in cancer hospitals to know what he'd do differently when he designed one from scratch.

That's why Huntsman Cancer Institute is unlike any other. It looks different. Feels different. And fights cancer in new and different ways, with the largest genetic database on earth that combines family histories with health records to both treat and prevent cancer.

The place is welcoming and warm, with a focus on beauty, serenity and getting on with life. Perhaps all of this is why Huntsman Cancer Institute has earned what few other cancer hospitals in the world have. A 99% inpatient satisfaction rating.

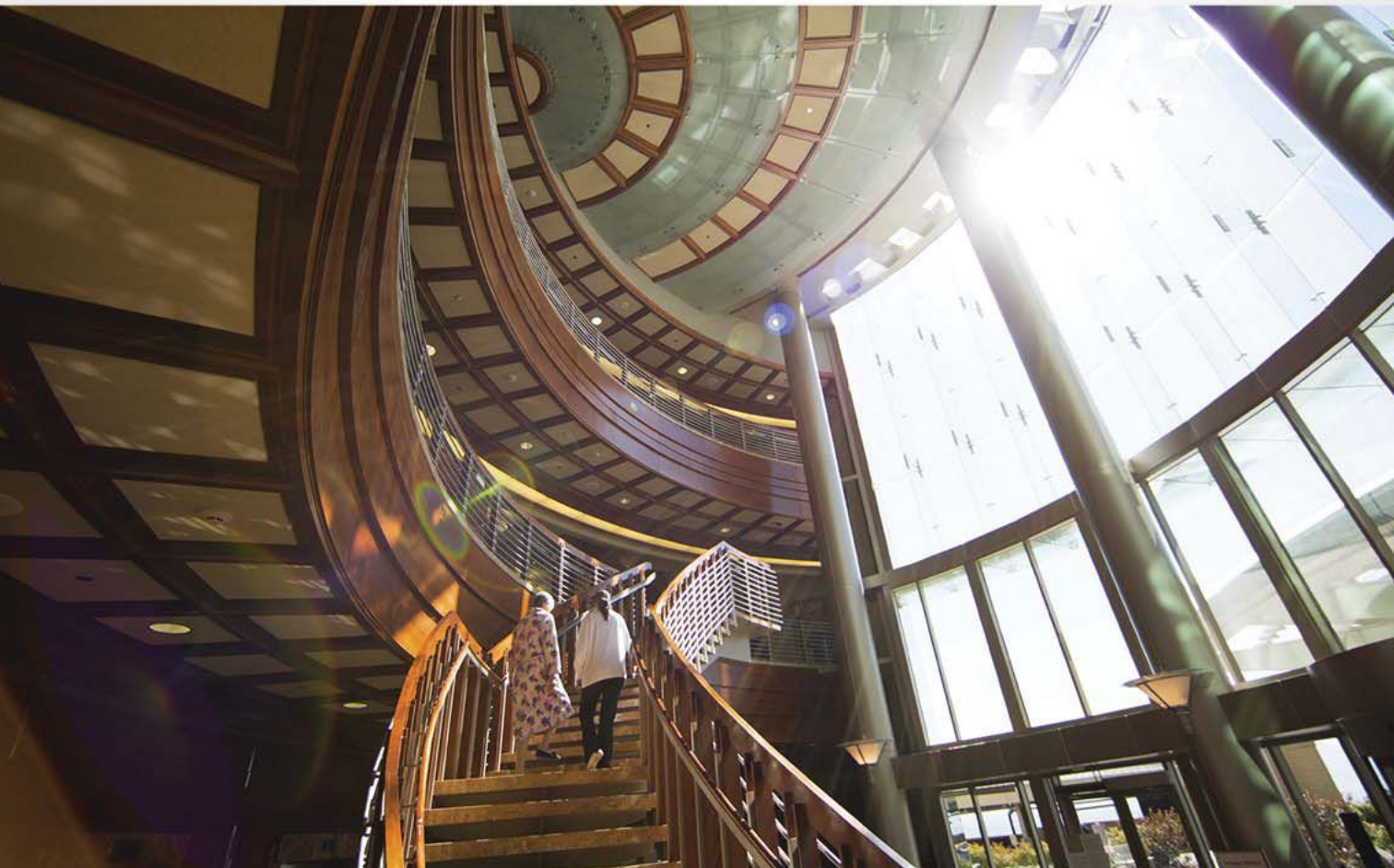
It's exactly the place you'd expect when a cancer patient designs a cancer institute.

To learn more or support the cause, go to huntsmancancer.org.



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Jami at work
in her Portland,
OR, kitchen

HOW SHE DID IT

CANDY GIRL

Jami Curl's new line
of all-natural sweets
is kid-tested —
and mom-approved

Photographs by Maggie Hudson



A Quin employee mid-creation. Right, blackberry-and-tangerine and mimosa gumdrops



IN 2012, after owning a bakery in Portland, OR, for seven years, Jami Curl was ready for a change. Business was great, but clocking 14-hour days making cupcakes by the thousands “was a grind,” she says. “Cupcakes just weren’t doing it for me anymore.” She loved working with sugar and had a sweet tooth, a trait she’d passed to her son, Theo, now 7. But the artificial colors and other additives in his favorite treats worried her: “I wanted to figure out how to make candy, but with real stuff.”

She began playing with sugar and flavors, roasting fruit to infuse her confections. In 2013, she closed her bakery and launched Quin Candy, a line of handcrafted sweets made from all-natural ingredients. Jami’s kid-friendly best sellers are spins on classics — like Dreams Come Chew, Quin’s tangy take on Starbursts. Her mimosa- and espresso-flavored gumdrops, meanwhile, cater to a more grown-up crowd. “I love seeing a kid respond to the candy and then a parent respond to our top-notch ingredients,” she says. Thanks to an appearance on Cooking Channel and blog buzz, Quin is now sold in more than 100 stores in the U.S., Japan and Canada. We asked Jami what it’s like to play Willy Wonka. — *Rachel Bowie*

NIGHT KITCHEN “Before I closed the bakery and launched Quin, I used the bakery’s kitchen to mess with sugar. After school, Theo did his homework there while I tinkered; I’d go back to the bakery after he was in bed, working as late as 2 A.M. I’m self-taught, but I research a lot. The big difference between baking and candy-making is understanding temperature control to get sugar to become hard, like in a lollipop, or soft.”

BIZ ON A BUDGET “For the first six months at Quin, I was still running the bakery, working out of the same kitchen for both businesses. I was married [she’s now divorcing] and was the breadwinner. To start Quin, I used savings and took out a \$15,000 loan to pay for ingredients and equipment. At first, we wrapped every candy by hand. It takes a person an hour to finish a batch (144 pieces); a machine can do it in three minutes, but the machine costs \$40,000, so I had to wait.”

BIG RISK, BIG REWARD “The decision to close the bakery was scary. I kept saying to myself, *The worst that could happen is you’ll have to find a new job.* I’m lucky. Two months after we opened, Cooking Channel asked me to be on their reality show *Unique Sweets*. It helped put us on the map.”

TRIAL AND ERROR “Many of my first attempts at lollipops containing real fruit were failures. I’d get through the cooking process and the chore of using a candy funnel to pour them out, wait for them to set and then pick one up, only to see it slump over onto itself! It took ages to find the right balance of fruit so the lollipop would stay upright. But I didn’t give up!”

LITTLE HELPER “Theo helps taste-test the candy and name our products. He came up with ‘Twizzlie Rolls’ [Quin’s version of Tootsie Rolls]. He definitely gives feedback, especially about what kids like. Sometimes he worries that the things I make are too adult. For Valentine’s Day, we make Aleppo-pepper and dried-grape caramels. I couldn’t pay him to eat one!”

JAMI CURL

Age: 39

Hometown:

Portland, OR

On prioritizing:

“My son, Theo, makes me aware of what’s worth my time and what’s not. I try to be half as amazing as he thinks I am!”

Key to great management:

“Outline expectations daily. No one will ever care as much about your business as you do. Accept that and act on it.”

On hiring fab talent:

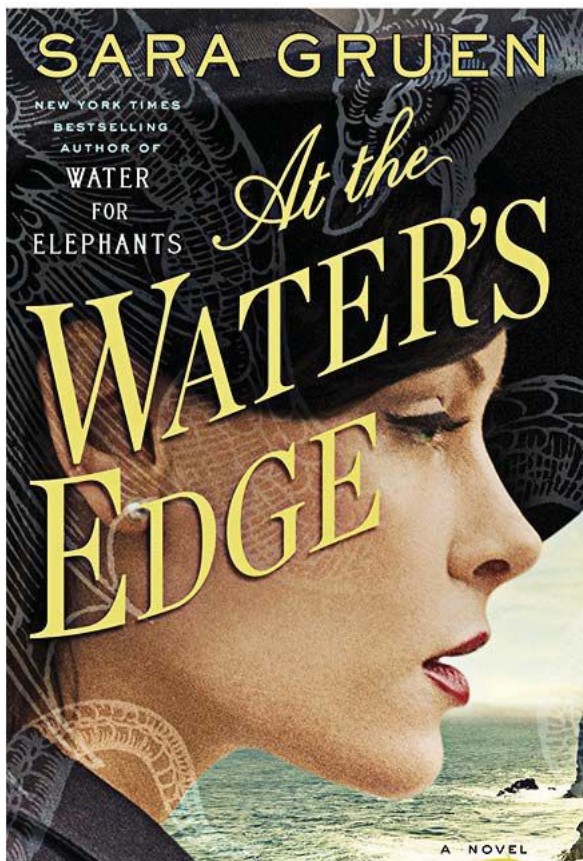
“Do working interviews. We give candidates projects to show their skills.”

Best piece of career advice:

“Take responsibility for everything you do, good and bad. My dad taught me that!”

your BOOKSHELF

FABULOUS READS. AUTHOR INTERVIEWS. BOOKWORM FUN.



GH READ OF THE MONTH

MONSTER ROMANCE

A tale of deceit and passion set in World War II Scotland

SARA GRUEN'S obsession with the legend of Loch Ness began on a family trip when she was 12. "I stood with my camera in hope of seeing the monster," she says. In the *Water for Elephants* author's new novel, three Americans set out on the same quest. Socialite beauty Maddie, her husband and his pal go to Scotland at the height of the war. Bad idea: In the tiny village where they end up, food is being rationed and bomber planes roar overhead. As the men hunt Nessie, Maddie befriends locals (including her inn's seriously dreamy caretaker) and has a personal awakening. Drama — and a super steamy love story — unfolds.

At the Water's Edge by Sara Gruen (\$28, Spiegel & Grau)



AUTHOR Q&A

TRUE BEAUTY

Your Beautiful Heart author Lauren Scruggs, 26, who lost a hand and an eye in a 2011 plane propeller accident, reflects on her inspiring journey

Q. WHAT WAS YOUR GREATEST FEAR POST-ACCIDENT?

A. That I would be treated differently because I look different. But I was wrong. People were so loving.

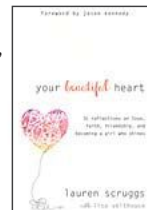
Q. WHAT WAS THE BIGGEST CHALLENGE?

A. Relearning how to do things: make a ponytail, cut vegetables. Every time I figured something out was huge — like blow-drying my hair. That helped me feel normal again.

Q. YOU JUST GOT MARRIED. DISCUSS!

A. I met my husband, [E!'s Jason Kennedy] in 2012, when I went to the E! set to be interviewed. He makes me feel beautiful. Before I showed him my arm without my prosthesis, he said, "I'm not in love with your body; I'm in love with you." It was the sweetest. —Kristen Mascia

For more of our interview, go to goodhousekeeping.com/laurenscruggs.



SELF-HELP

HOW TO RAISE AN AWESOME KID

Three new parenting books make it easy (OK, possible)

The Teenage Brain

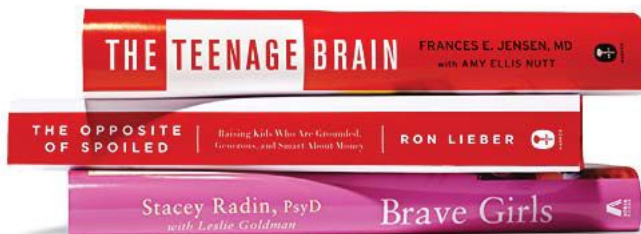
by Frances E. Jensen, M.D. Why's your child so self-absorbed? Give him time, writes neurologist Jensen: Empathy comes with age. **\$28**

The Opposite of Spoiled

by Ron Lieber Teach budgeting skills early, says *New York Times* columnist Lieber, to set your young ones up to be savers. **\$27**

Brave Girls

by Stacey Radin with Leslie Goldman After-school program founder Radin says encouraging children to "fail miserably" builds courage. **\$25**



WHAT'S ON YOUR NIGHTSTAND?

"*The Woman Who Stole My Life* by Marian Keyes. She writes with such warmth. Each page is the literary equivalent of a hot bath."

—Jane Green, author of *Saving Grace*, out now



Tajuan on one of the streets where she used to work

I SURVIVED A SECRET HELL

After a traumatic incident in her childhood, Tajuan McCarty ran away, ending up in the hands of a pimp. Find out how she reclaimed her life and is helping other women do the same **BY ADA CALHOUN**

WHEN TAJUAN MCCARTY walks down certain Birmingham, AL, streets, she sees the shadow of her former self: a teenage prostitute, shivering in the night air. “I wish I could go back and tell myself, ‘It’s going to be OK,’” she said recently after visiting a desolate stretch where she once worked.

In those bleak hours, Tajuan couldn’t see beyond her pain. But today, miraculously, she’s living a happy, healthy life as a mother and a leader in her church and community — and a savior to sex trafficking victims from all over the United States. Since 2011, Tajuan has run The WellHouse, a Birmingham-based nonprofit she founded to help those victims rebuild

their lives. To date she’s rescued more than 200 women, housing them at her organization’s two group homes. Law-enforcement officials and activists sing her praises; in 2013, the FBI’s Birmingham field office recognized The WellHouse with a community leadership award. “Rescue efforts led by survivors are key,” says former U.S. State Department human trafficking advisor Laura Lederer. “Survivors have something no one else has, and that’s understanding. They know how to help women heal.”

Tajuan, 44, says she hopes her story inspires victims to come forward: “Women need to know there’s a way out. They’re not alone.” →

A TYPICAL CHILDHOOD

Before Tajuan's life took a nightmarish turn, her future looked promising. Growing up in Carrollton, GA, a hardscrabble town nestled in the Appalachian foothills, she excelled, earning A's and starring on her junior high's cheerleading and softball squads. But life at home wasn't always stable: Tajuan's parents divorced when she was young; her dad was in and out of prison for theft and drugs, and her mom, a poultry inspector's assistant, often worked late. Still, Tajuan, an only child, was smart and mature. "I always felt like an adult," she says. "I wasn't scared of anything."

According to Tajuan, her world was upended in 1983, when she was just 12 and was raped by two teens in a friend's backyard. "I didn't know how to process it," she says of the assault, which she didn't report or share with her mom. A few days later, she ran away: "I didn't feel safe. I had no concept of what had happened."

Eventually she went home, but over the next few years she would bolt, staying away for days, often sleeping outside. Her behavior perplexed and enraged her mom. "She thought I was wild," says Tajuan. During one such period, when she was 15, a man

in his 30s approached her on an Atlanta street. He bought her a hamburger, a kindness that made an impression. "I told him about my life," Tajuan says. "I was too young to know to lie."

HARSH NEW REALITY

The man offered Tajuan a place to stay at his home in Atlanta. When she arrived and met several girls and women in their teens and 20s who were also dwelling there, she assumed he was a pimp — or, as experts would call him, a sex trafficker, someone who forces women into the sex trade, exploiting them for money. Human trafficking — the sale of people for any type of coerced labor, including sex — is a \$150 billion global industry. And it goes on every day in America, under our noses. "One of the biggest myths is that it doesn't happen here," says Bradley Myles, CEO of Polaris, a nonprofit that tracks trafficking cases. "But it does. In all 50 states."

Tajuan says that when she first realized the man was a pimp, "I didn't care. It was better than being cold and hungry on the streets." She learned the house routine: Every night, the man sent the girls out with cash quotas to come back with; those who failed to deliver were made an



example of, forced into the living room and beaten or sexually assaulted in front of the rest of the girls.

At the start of her stay, the man let Tajuan sell cocaine to make her share. The special treatment gave her a false sense of security: "I felt like he loved me." But then, one night, she was dropped off without enough drugs to make her quota. Knowing what awaited her if she returned empty-handed, she had sex with her first john in his car, on a dark Atlanta road. Afterward, "I felt like dirt, like I was no longer human," she says, her voice quaking. "The tables had turned." She became



TAJUAN SAVED ME

KATHY JACKSON, 52, REVEALS HOW TAJUAN AND THE WELLHOUSE HELPED HER GET HER LIFE BACK:

I was kidnapped by a pimp in Chicago when I was in college, on spring break. For three decades, I worked for a network of traffickers all over the world as a high-priced escort. I was never arrested for prostitution, but sometimes I would cash fake checks and give the pimps that money so I could take time off.

In 2012, I was arrested for writing those bad checks and sent to jail. The prison chaplain told me about The WellHouse. The moment I met Tajuan, it was like meeting my sister. At The WellHouse, I relearned how to take care of myself. I also started making bracelets to pass the time. After I struck out on my own last year, I started a jewelry business. I also work full-time as an office manager. The WellHouse gave me my independence. With her love, Tajuan helped me to see my potential. Never in my wildest dreams did I think I'd be where I am today.



Tajuan, center, with Kathy Jackson, left, and another woman she rescued

addicted to cocaine to mask her pain: "I hated myself. I prayed for someone to kill me. I was too scared to kill myself."

Tajuan says the man sold her (or traded her — the memory is hazy) to another pimp after a few months. In the next 11 years, she says, she worked for other traffickers, enduring horrors: "I've been left for dead...I still have a scar where my throat was cut with a straight razor."

"I tried to escape many times," she adds, but her drug addiction and a belief that she had no other way to make a living prevented her. "You feel like you have nowhere to go."

STARTING OVER

Off and on in her 20s and 30s, Tajuan stayed off drugs. In 1992, she gave birth to her first child, a daughter. (Tajuan declined to discuss her children's fathers.) "I couldn't care for her," she says, so her mom adopted the baby. Three years later, Tajuan put her second child up for adoption: "My mom was 50 with a 3-year-old. She couldn't take care of another child. I'm 44 now; I understand. I wish I could've been with all of my children. I wasn't in a place to care for them."

In 1997, during a stint in jail for theft, Tajuan finally gathered the courage to leave her pimp. After her release, she didn't call him, instead seeking shelter with an acquaintance who let her stay until she got back on her feet. Building a new life "was the hardest thing I've ever done," Tajuan says. She entered a 12-step program, worked as a waitress and tried to repair her relationship with her mom.

In 1999, she gave birth to her third daughter; in time, her eldest was returned to her care. With grants and loans, she graduated from college with a bachelor's degree in social work and started master's degree programs in public health and public administration.

But healing psychologically took time. In 2009, after a cocaine relapse and some time in prison for theft, Tajuan made a new friend, the director of a local Christian outreach program, who changed her life. "I grew up with a God of hellfire and brimstone," Tajuan says. "[My friend] taught me about love, grace and mercy."

After finishing her degrees in 2010, Tajuan began thinking of using her experience to help other sex trafficking victims. She dreamed of establishing a place where they could go when they'd found the courage to leave their pimps. Her first order of business was setting up a 1-800 hotline women could call for help.

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Tajuan with her daughters and mom in 2010

By putting the word out through Facebook and her church, she raised enough money to file an application for nonprofit status and get that hotline.

Tajuan's first call arrived in January 2011. The girl at the end of the line sounded scared. "I'm going to die if you don't help me," she told Tajuan. After hanging up, Tajuan found a friend willing to purchase the girl a bus ticket to Birmingham from Florida. On the morning of January 28, the girl arrived at the bus depot and "fell into my arms," Tajuan says. "She was sobbing, and I was sobbing."

Tajuan's community rallied around her efforts. In 2012, a local woman anonymously donated a run-down home she had inherited to Tajuan to establish The WellHouse's first location. (The organization leased a second property last year.) Church members and neighbors helped renovate: "People I'd never met just showed up to work. I'd tweet, *I'm at The WellHouse, we need to put a roof on*, and people would arrive."

Support kept coming. A neighbor surprised Tajuan with \$120 for gas, and a local pilot and his wife volunteered to transport in- and out-of-state victims. To date, they've helped evacuate more than 50 by car, bus and aircraft.

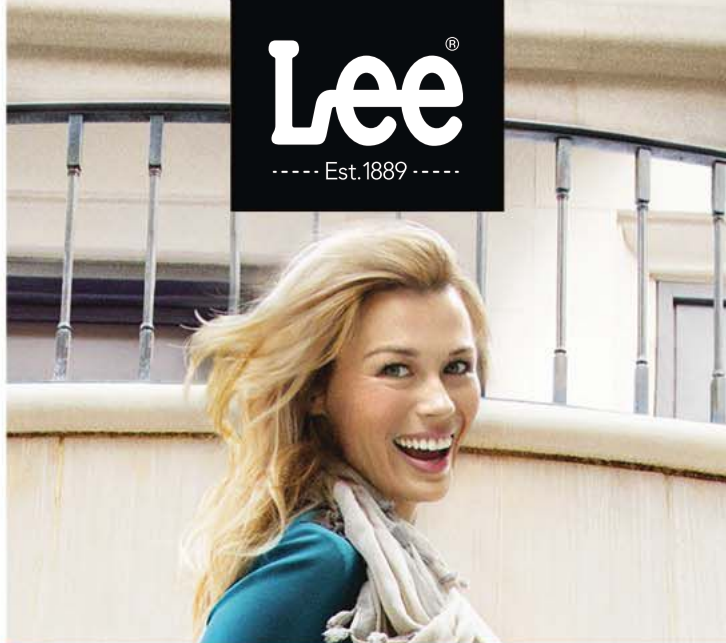
Funded through local grants and private donations, The WellHouse now shelters about a dozen women at a time, many for nine months to a year. Every Monday, Tajuan's volunteers go out into the streets in search of women to help. Once settled, women bunk two to a room. A typical day involves group therapy, Bible study and life-skills classes. Meditation, doctors' appointments and optional sessions like GED-prep courses round out the week.

"My life didn't make sense until now," Tajuan marvels. "I was called to do this work." It's helped her thrive as well. Today she shares a comfortable home with her mom and daughters, now 15 and 23. "I love my mom dearly. She's a good grandmother. And my kids, I'm so proud of them," she says. Someday she hopes to meet the daughter she gave up, too.

For now, she's focused on the tasks at hand. "The other day, I got a call from a girl at 1 A.M. I tried to find her, but I couldn't," Tajuan says. "I hope she calls back."

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Love in the Bank

Nikki Moustaki's grandpa taught her about the importance of saving, but the real value was the time they spent together

GROWING UP, I had a lot of money in my head. Coins, mostly — half-dollars and silver dollars, a lot of quarters. The only person who could access them was my grandfather. Poppy would slip his hand close to the side of my face and mint a shiny coin from my ear with a brush of his fingers. My parents and I lived with my grandparents for years in Florida, so I amassed quite a pile of ear money.

Poppy encouraged me to keep my riches. He presented me with a ceramic piggy bank with blush-colored cheeks and stood over me as I plunked my ear money into it, the coins echoing inside.

When I was 5, Poppy opened a savings account for me. He gave me a depositor's

passbook showing a \$50 balance, a lofty sum in 1975; drove me to the bank every week; and encouraged me to approach the teller's window alone. I'd stand on tiptoe, handing her the five-dollar bill Poppy had given me. Inside his blue Ford Pinto, he would open my passbook to show me how my equity was growing.

I didn't need money at 5, but by the fourth grade I understood the value of a quarter. Two could buy a pack of grape Bubble Yum, which I desired with the voraciousness of an addict. I often upended my piggy bank, shaking with furor until a few quarters slipped out. When my grandmother took me

shopping, I'd sneak away to purchase my guilty pleasure at the register.

I felt remorseful about spending my ear money, but I wasn't the only one with appetites. Poppy's days dissolved betting on horses and greyhounds. He wanted me to save my money, but he spent much of his on "long shots" and "sure things."

When I was a teen, my parents and I moved into our own home. Poppy and I stopped our weekly bank deposits. Fewer coins appeared out of my aural canals. I moved to New York to study poetry at 24, a long way from my childhood piggy bank; I didn't even know where it was.

Two years later, Poppy was diagnosed with a malignant brain tumor. I went home to be with him, leaving my graduate program, where I was racking up debt and living on student loans.

He called me into his room one day, where he lay propped up by pillows, unshaven and gaunt. He patted the bed, and I sat down. He told me that he had spent the \$300 in my long-closed bank account. He had been saving it for me, but at some point he had needed it.

"I'm sorry," he said. "Can you forgive me?"

I told him I didn't care about the money, only him. It was true, but I wondered how he'd spent it — on an electric bill or a tip on a trifecta? He told me to rummage through an old airline carry-on in his closet. Among the Wendy's napkins, salt packets and pencils, beneath a book on backgammon and a pair of house slippers, I found a heavy plastic bag.

He told me to open the bag and dump its contents onto the bed. Dozens of silver coins rattled onto the quilt.

"These were from your piggy bank," he said. "I saved them for you."

I ran my fingers over them. Poppy could have spent those, too, but he must have known that they were more than just coins.

They were the currency of love.

Nikki Moustaki wrote the memoir *The Bird Market of Paris* (Henry Holt, \$26).

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THE PROBLEM

My friend invited me to her divorce party(!), but I'm friends with her ex-husband, too. What should I do?

3 SOLUTIONS

RSVP "NO." A divorce party can easily turn into a roast, so if you'd rather not go, it's OK to decline. Don't lecture her or make her feel bad. Try: "I love you, but I care about you both and would feel uncomfortable."

"CELEBRATE" ONE-ON-ONE.

Make plans with just her to toast her fresh start, and listen compassionately (but don't feel that you have to take sides).

HELP HER MOVE ON.

If she keeps bashing her ex, say: "I'm here for you, but it's hard to hear this. I know you're hurt, so let's focus on the next chapter." Help her plan activities that will jump-start a new beginning (meeting new friends, etc.).

CALL, TEXT OR E-MAIL?

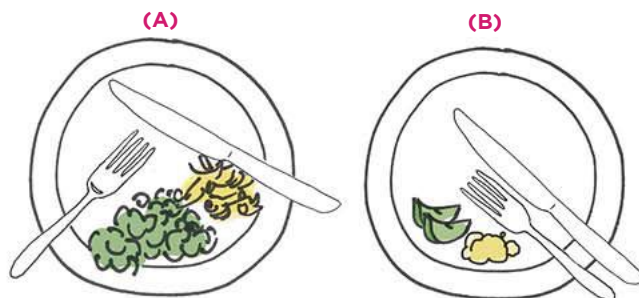
I overslept and am running late to a work meeting!

Start by texting your boss (or a point person whose cell number you have), since it's less intrusive than calling and should be seen right away. If you don't have a number to text or get no response, call your workplace or supervisor directly. If no one picks up, e-mail a person you can rely on to pass your message along. Skip the excuses (for now), but be sure to give your ETA.



ETIQUETTE POP QUIZ

Which silverware placement shows you're done eating?



DINING-OUT DON'T

It's unsanitary to set used utensils on the table (plus, you risk staining table linens). If your server clears a course and asks you to hold on to your fork and knife, you can request fresh ones or rest used silverware on a butter plate or paper napkin.

ANSWER: If you chose B, you're right. The 4:20 position (as on a clock) not only signals your server that you have finished your course, but also makes it easier for him to remove your plate and utensils. Option A is the universal "resting" position: Placing your knife and fork so their tips meet near the center to form an inverted "V" indicates "I'm still eating."

GH

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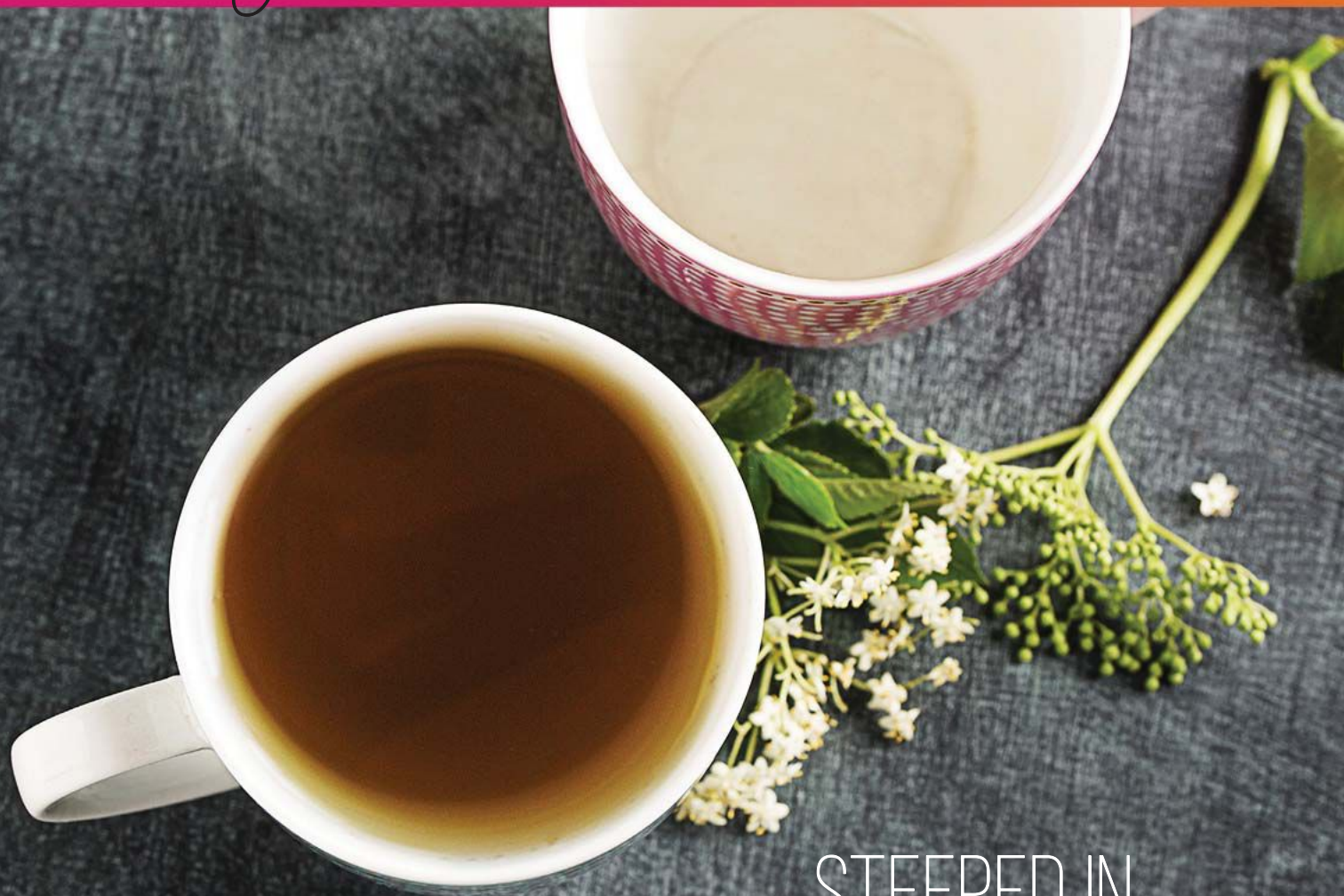
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STEEPED IN GOODNESS

DRINKING TWO CUPS of black tea a day may help cut your ovarian cancer risk by up to 31%, say researchers at Brigham and Women's Hospital in Boston. They looked at the eating habits of women ages 25 to 55 for more than three decades and discovered that those whose diets were high in cancer-fighting compounds called flavonols (found in tea as well as red wine, apples and grapes) and flavanones (in citrus fruits and juices) were less likely to develop the disease.

HEALTH SMARTS...



LAURIE JENNINGS
DEPUTY EDITOR

"My number one to-do is to get back in shape! I sign up for fitness events to push me to train. Find one at mynextrun.com; share it at #GHpledge."

FOLLOW ME @laurieajennings

WHAT WE'RE EXCITED ABOUT THIS MONTH



ULTIMATE TUNE-UP

As your pulse climbs during cardio, this app adjusts the tempo of your music to help you keep pace or push to go harder. Basically, your heart rate plays DJ and coach!

RockMyRun, free, rockmyrun.com



MOJO TO GO

Keep your get-psyched mantra close at hand with a playful DIY alphabet bracelet.

Ryann Colored Cord, \$25, shopryanporter.com



STAR CHIC

Snag a celebrity-worthy workout look every month for as little as \$49 when you join Fabletics, a free mail-order service with hot new tops, sports bras and leggings, curated by cofounder Kate Hudson.

fabletics.com



MAGIC MASSEUSE

Soothe kinks in your neck, back, foot, knee—all over! A how-to guide pinpoints where to press the therapy balls to use your body weight to release tension.

Therapy Balls With Tote, \$12, yogatuneup.com; The Roll Model, \$25, amazon.com



JUST THREE FEET LONG!



MINI YOGA MAT

Even toddlers get motivated by cute gear! This mat is small enough for your wee one to roll up and tote herself when you hit the studio together.

The Little Yoga Mat, \$36, thelittleyogamat.com




A woman with long brown hair is lying face down on a red leather sofa in a grassy park. In the background, a man in a light blue shirt and dark pants is walking towards the camera. Two children, a girl in a plaid shirt and a boy in a yellow shirt, are playing with a baseball. The scene is set in a lush green park with many trees.

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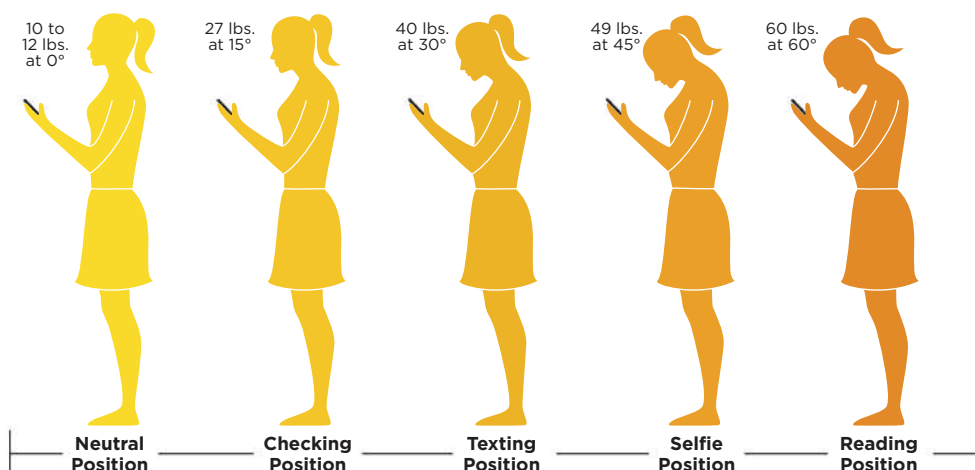


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3 DUMB THINGS WE DO WITH SMARTPHONES

From posture to performance, these phone habits may take a toll on your health



1 SLOUCHING AND STARING

Looking down can strain neck and back ligaments, suggests a computer-model analysis. Your head weighs 10 to 12 pounds, but focusing downward can increase forces on the neck by five times or more (see above), leading to poor posture and pain. Straighten up with tips from report author Kenneth Hansraj, M.D., an orthopedic surgeon in Poughkeepsie, NY.

Hold It Right There Carry device at chest height with head up, chest open and shoulder blades back. Move just your eyes downward.

Take a Break Your neck is not supposed to stay stuck in one position for a long period. If you're reading on a tablet or phone, stop every so often to swivel and tilt your head — up and down, then side to side.

2 TREATING IT LIKE A TOY

People who are glued to their cell phones may have lost the ability to entertain themselves without one, found a Kent State University study. Less frequent users (under three hours a day) can more easily plug into relaxing low-tech activities like reading and exercising.

3 TAKING IT TO WORK

Having your cell out on your desk is distracting, even when it's turned off. Researchers at the University of Southern Maine found that students with phones out did poorly on focused tasks, versus those whose devices were hidden. Stash yours when you're on the job!



TUNE IN TO YOUR TALENT

Next time you're crafting, cue up some Miles Davis. The improvisational style and calming effect of jazz can help improve your fine motor skills by freeing your mind to think creatively about how to do your project, a recent Oklahoma State University and Clarkson University study suggests. Researchers examined golfers who putted while listening to a variety of musical genres and found that they performed best when grooving to jazz. Experts say the same would likely hold true for other refined skills, such as knitting, sewing and painting.



SMILE SAVER Just ate? Wait 30 minutes before brushing your teeth. Eating hikes acidity in your mouth, so brushing too soon after could erode enamel, says Emanuel Laylie, D.D.S., a cosmetic dentist in New York City. Find more quickie health and anti-aging tips in *7 Years Younger Instant Makeovers* (available where books are sold).



JACLYN LONDON,
M.S., R.D.
GH Nutrition Director

Have you noticed that “dieting” often means giving up your favorite foods? Sure, cutting back on treats can help kick-start weight loss, but it’s tough to stick with a plan! That’s why we created our new SuperCarb Diet. If you’re already on it, you know that healthy eating can be delicious: Super Grains at breakfast, Super Starches at lunch and dinner — plus snacks! And now you can include this lunch favorite up to three days a week. Are you new to the plan (or do you need a refresher)? Go to goodhousekeeping.com/supercarb for all of the tasty diet details.

THE WEIGHT-LOSS SANDWICH

Who eats something this big and delicious on a diet?
You do! Make it today for a slimmer tomorrow

PICK YOUR SUPER GRAIN BREAD

Go for 100% whole-grain with at least 3 g fiber per serving. The first ingredient should say “whole-grain,” not “enriched wheat flour” (a.k.a. white bread in disguise—yep, even if it’s labeled “wheat bread”).

CHOOSE YOUR LEAN PROTEIN

Layer on 3 oz. skinless rotisserie chicken, turkey breast, grilled salmon or tofu; ½ can water-packed tuna; or 2 hard-boiled eggs (fried in nonstick spray is OK, too).

BONUS: FLAVOR WITH SUPER SPICES

Season with 2 Tbsp. Dijon mustard, salsa or roasted veggie tapenades (like red pepper) to boost taste without racking up calories. Enjoy!

MAKE VEGGIES THE STAR

Pile on dark, leafy greens (higher in B vitamins and minerals than butter lettuce) and fresh or grilled veggies such as tomato, cucumber, onion, mushrooms, sprouts, zucchini, peppers and eggplant.

ADD SOME HEALTHY FAT

Swap mayo for 2 Tbsp. hummus, ¼ avocado or cheese—1 slice mozzarella, ¼ c. ricotta and 2 Tbsp. feta or goat cheese are all better bets. (Option: Cut the servings in half and enjoy both cheese *and* hummus or avocado.)



SUPER SANDWICHES TO GO These weight-loss heros are each about 400 calories and full of fiber (perfect for our SuperCarb plan!). Just keep in mind that deli meats and bread tend to be high in sodium, so if your lunch is takeout, you’ll want to limit salty snacks and processed foods throughout the day.



Einstein Bros Bagels
Thintastic Chicken
Pesto Sandwich
(add spinach, cukes)



Potbelly Mediterranean
Sandwich (a great all-veggie
choice) on Multigrain
Wheat Thin-Cut Bread



Cosi Turkey Light Sandwich
with avocado, arugula, cucumber
and onions on multigrain
flatbread (skip the dressing)



Subway 6-Inch Roast Beef and
Provolone Sandwich on 9-Grain
Wheat Bread, no dressing (stuff in
all the veggie extras!)



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† Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil and Meta Health Bars, may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil has 2.4 grams of this soluble fiber. One Meta Health Bar has 1.8 grams of this soluble fiber.

SNEAKY SCULPTORS

Trick your abs into flattening fast with all-over toners that feel nothing like core work



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WOBBLING like crazy in one-legged yoga poses? Totally normal. Women naturally start to lose muscle mass as early as their 30s, and balance can take a beating as a result. Fight back with targeted strength training: This plan works your stabilizers, the smaller muscles that keep you steady on your feet. The ab toning is an extra perk! For best results, do the entire circuit three times twice a week.

1 CROSSOVER

WORKS HAMSTRINGS, THIGHS, GLUTES, ABS

Stand on right foot, left leg bent back and lifted. Extend left arm over head. Hinge forward from waist, keeping back flat, reaching left hand toward right foot (as shown). Return to start. Do 12 reps. Switch sides; repeat.

GO EASY Keep back toes lightly planted.

FIT TIP Contract abs throughout.



Get the Gear:
Top, beyond yoga.com.
Pants, lululemon.com.
Shoes, reebok.com. **Watch,** puma.com.



2 BOOTY LIFTER

WORKS HAMSTRINGS, THIGHS, GLUTES, ABS

Sit with right foot flat, left foot off floor. Press into right heel and quickly stand. Return to seated position. Do 12 reps. Switch sides; repeat.

GO EASY Use arms to push off the seat.

FIT TIP Stare forward to stay balanced.



3 HIP-HOPPER

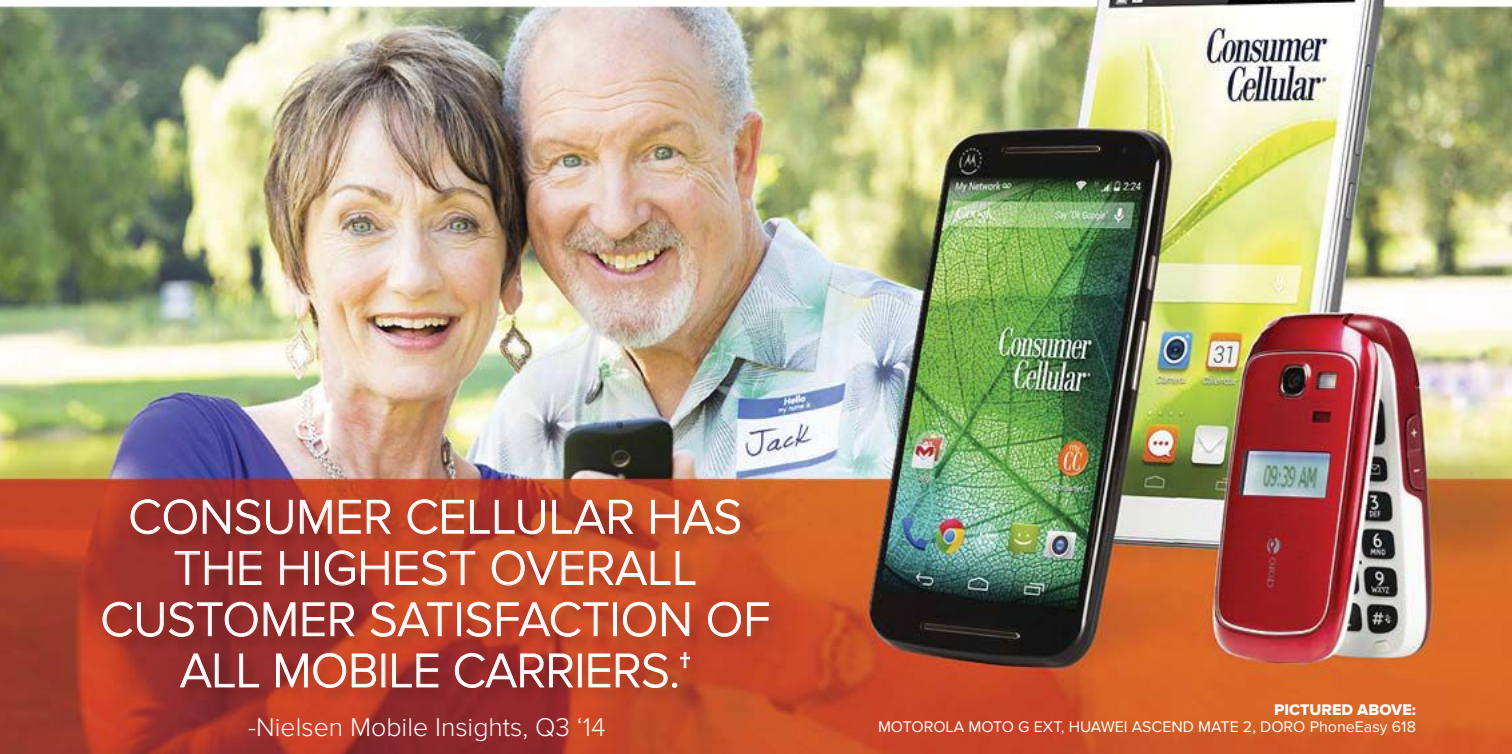
WORKS GLUTES, ABS

Stand with feet hip-width apart. Jump to the right, landing on right leg with left leg lifted slightly. Repeat to the left to complete one rep. Do 12 reps.

GO EASY Pause between hops.

FIT TIP Put pennies on the floor where you want to land, and aim for one of them with each leap.

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-Nielsen Mobile Insights, Q3 '14

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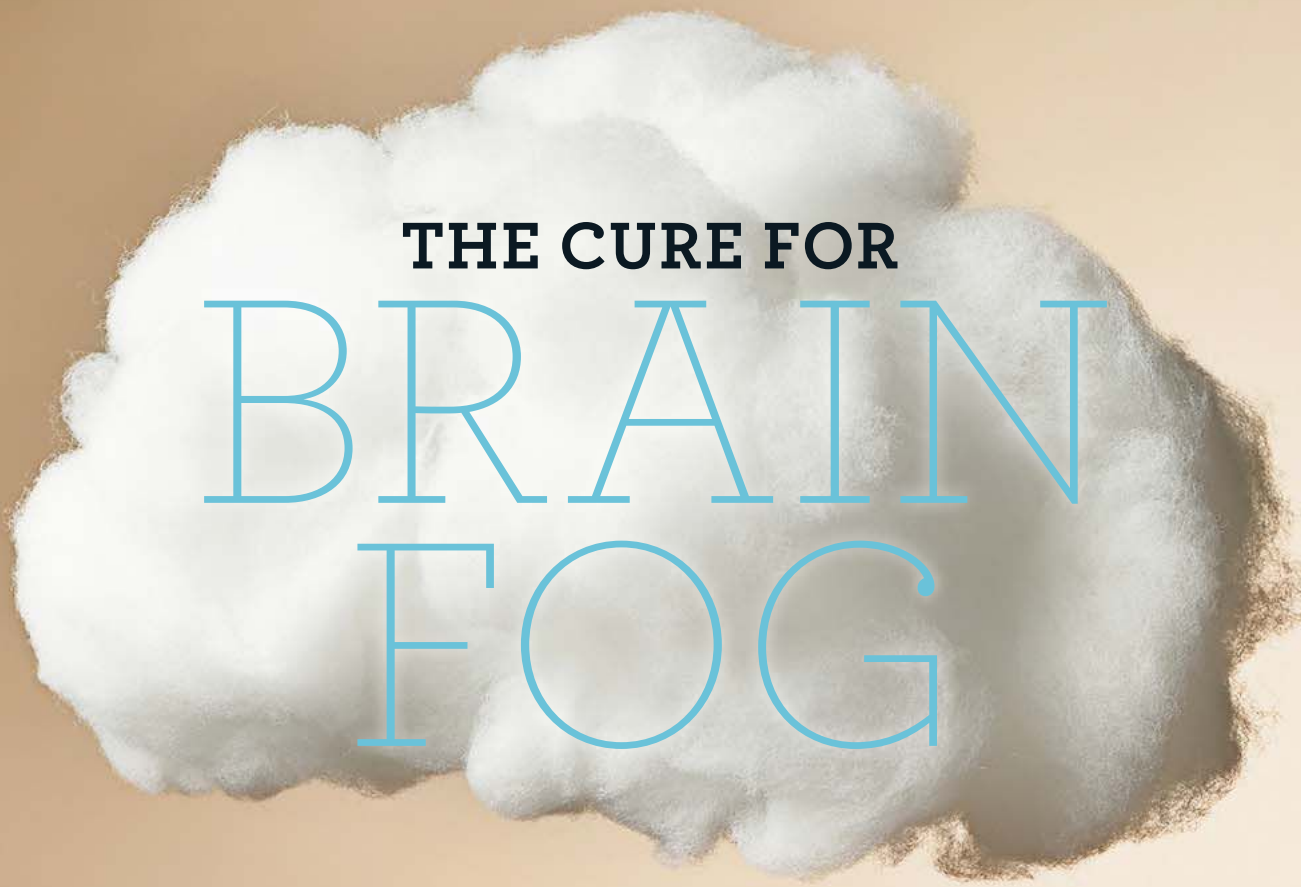
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Follow the crumbs.
They will take you home.





THE CURE FOR BRAIN FOG

Lack of sleep can mess with your head — you misplace the car keys, and what did your boss just say?! But that's not the half of it. Here's why your brain's got to have its zzz's — and how to fix what's keeping you up at night

BY TONI GERBER HOPE

SLEEP ISN'T JUST a nice rest for your gray matter. Far from it: It's when your brain goes into house-keeping mode and cerebrospinal fluid mops away metabolic wastes that have accumulated during the day. This discovery, in the lab of Maiken Nedergaard, M.D., at the University of Rochester Medical Center, may explain why lack of sleep has such a profound effect on our brains, making us forgetful, unable to concentrate, grumpy, accident-prone or clumsy. It may also open the door to preventing and treating neurodegenerative illnesses linked to the accumulation of waste products in the brain, like the amyloid deposits associated with Alzheimer's disease.

The scariest news: If you deprive your brain of adequate rest long or often enough, it may never fully bounce back. "We used to think your brain could recover with extra sleep," says Sigrid Veasey,

M.D., of the Perelman School of Medicine, University of Pennsylvania. (Who hasn't slept in on weekends to try to catch up?) But last spring, Dr. Veasey found that extended sleep deprivation can lead to a *permanent loss* of cells involved in functions like alertness, attention and recall.

What's more, while everyone's brain loses volume over time, the shrinkage happens faster in people who have trouble sleeping than in those who are better rested, a recent European study found. The brain areas where cells are lost are the ones that regulate decision-making, emotions, memory and learning. "We can no longer think of sleep as a luxury," Dr. Veasey says. Experts recommend seven to nine hours a night. Read on for the surprising things blocking you from getting your shut-eye — and how to conquer them. →

6 REASONS YOU'RE NOT SLEEPING

1. "Me" time

Yes, you desperately need and deserve those "me" minutes, but doing something good for yourself can actually backfire when your evening is as full as a workday (with dinner prep, eating, story time with little ones, homework with bigger ones, etc.). Once the house is finally quiet, you want to catch up on e-mail, do your crafting, call your sister or just talk to your husband. You should! You just need to be more strategic about it.

SLEEP SOLUTIONS

- Small bites of scheduled "me" time throughout the day can satisfy the yen the same way five- to 10-minute bouts of exercise throughout the day can add up to fitness. So get up 15 minutes before your family, listen to a recorded book on your commute or set aside 15 minutes at lunch.
- Set a phone alarm for a predetermined amount of time for the chores that eat up your nights, and get everyone involved: Your kids can unload the dishwasher; your husband can make their lunches for tomorrow. When the timer dings, you're done — and ready to decompress.

2. Your iPad

Tablets, smartphones, laptops...whether for work, Facebook/Instagram/Twitter, an addiction to Candy Crush or media-streaming via a lit-up screen, they can be next to impossible to turn off at night. Watching or playing keeps you up because it's stimulating, and the short-wavelength (blue) light suppresses melatonin, your body's sleep-inducing hormone.

Now e-readers have been added to the list of sleep saboteurs: A just-released study at Brigham and Women's Hospital in Boston found that compared to those who read printed books, users of e-readers that emitted light felt less drowsy in the evening, took longer to fall asleep and were sleepier and less alert the next morning — even after eight hours in bed.

SLEEP SOLUTIONS

- To prevent the sleep-quashing effect of blue light, power down all electronics at least an hour

DRINKS TO KNOCK YOU OUT

Skip alcohol—it can interfere with later stages of sleep, which are more restful. These sips are backed by science.



WARM ALMOND MILK

Its high calcium ups production of sleep-inducing melatonin.



TART CHERRY JUICE

Increase nighttime melatonin with an 8-oz. glass in the A.M. and P.M.



CHAMOMILE TEA

This traditional herbal contains apigenin, which may be a natural sedative.

(ideally two hours) before bedtime — after two hours of blue-light exposure, melatonin drops 23%, according to research at Rensselaer Polytechnic Institute.

- Alternatively, you can download F.lux (iOS), software that blocks your screen's short-wavelength light, or buy a pair of glasses with amber lenses, which block blue light. In a study published in *Chronobiology International*, people who wore these glasses before going to bed every night for two weeks enjoyed a three-point jump (on a 10-point scale) in sleep quality, and their daytime moods were happier.

3. You can't turn off your mind

Get the car inspected. Call the vet. Make cookies for the school bake sale.... When you turn out the lights, do you turn on your list, churning over how you're going to fit three days' worth of to-do's into a three-hour slot? Or do you replay regrets, like wishing you hadn't snapped at your boss when she asked for an update on your project? Worry about things that need to be done — or what you wish you hadn't done — fuels insomnia in many women. And it can become self-reinforcing: The more you agitate, the less you sleep, and the less you sleep, the more stressed you feel. Stress is associated with an outpouring of neurotransmitters that tend to promote alertness rather than sleep, creating a negative cycle that's hard to break.

SLEEP SOLUTIONS

- Meditation helps you get off the worry treadmill, shifting your brain from wakeful beta waves to the slower, more restful type that come on as you're getting drowsy, explains Bruce O'Hara, Ph.D., professor of biology at the University of Kentucky. Any type of meditation that focuses on breathing can help you fall asleep, and if you wake in the night, he adds, "you can do it again." You don't need a lot of time or training, either. O'Hara speculates that even five minutes of meditation can shift the brain to a relaxed state more conducive to sleep. Go to goodhousekeeping.com/sleepingaids for some soothing guided meditation options.
- If you can't "turn off your head enough to override your internal chatter," try a little music, suggests Helene Emsellem, M.D., medical director of the Center for Sleep & Wake Disorders in Chevy Chase, MD. "Download a short,



30%

of dog and cat owners report being awakened by their pet at least once a night.

soothing playlist and listen on an MP3 player in the dark," she says. "It's the only exception I make to the 'no electronics at bedtime' rule."

4. Allergies and/or congestion

Lying down can start a cascade of sleep disruptions in sufferers: The mucus draining from your nose (postnasal drip) collects in your throat, causing you to cough, while your nasal passages become congested, making it hard to breathe. You toss and turn (and snort and snore) through the night, waking up feeling doozy (and perhaps facing a grumpy bed partner).

SLEEP SOLUTIONS

- You may need to see an allergist to identify your triggers. If you're sensitive to pollen, keep your bedroom window closed when your particular offender is in bloom (trees, ragweed, etc.). But if it's indoor allergens that bother you — dust mites, pet dander, mold — you need to encase your mattress and pillows (with no feathers) in protective covers, vacuum your bedroom with a machine that has a HEPA filter and wipe down surfaces frequently.
- Using a saline spray during the day and before bed may be enough to thin secretions, but if not,

a prescription nasal spray (possibly in combo with an antihistamine) can help you breathe freely.

5. Silent heartburn

Although it's called "silent," the telltale signs are an annoying cough and a need to keep clearing your throat when you lie down. It can disrupt your sleep as much as "regular" heartburn, which also causes indigestion and a burning sensation in your throat and chest. Both types are the result of stomach acid backing up into the esophagus and throat (reflux), and nighttime symptoms can be relieved with a number of DIY steps. (Losing weight, if needed, and quitting smoking will help, too.)

SLEEP SOLUTIONS

- Eat dinner at least three hours before bedtime so there's plenty of time for digestion. Avoid fats, spicy or tomato-based foods, chocolate, mints, citrus fruits, carbonated drinks, alcohol and caffeine.
- Elevate the head of your bed four to six inches, or sleep on a wedge-shaped pillow; gravity will help keep stomach acids where they belong.

6. Your pet

If you sleep with a dog or cat, you probably already know that its whimpering, nudging, snoring and peculiar hours ("Outside? Now? *Really?*") interfere with your rest. In a recent survey, the Mayo Clinic Center for Sleep Medicine in Arizona noted a large increase in patients reporting being disturbed by their pets, while a University of Kansas Medical Center survey found that 63% of pet owners who slept with their dog or cat more than four nights a week said they slept poorly.

SLEEP SOLUTIONS

- A dog will be easier to train than a cat. Set up a separate dog bed on the floor and lavish your pet with attention when it lies down on it.
- You'll probably have to banish your cat from the bedroom altogether. Lure her to another part of the house with a special bed and toys.

MORE CURES

Try one of these products vetted by the GH Institute.



BETTER THAN A LULLABY

SleepRate (iOS) monitors slumber via a chest strap, then provides an assessment and guidance based on cognitive behavioral therapy (CBT). After three weeks, it helped one tester overcome her insomnia (\$100, sleeprate.com).



REMOTE CONTROL MATTRESS

Sensors in the Sleep Number mattress assess sleep quality, and an app records habits. Though it's pricey, it's nice to have the whole bed (two people) tracked (starts at \$1,000 for bed, \$300 for tech; sleepnumber.com).



TELLING TRACKER

Beddit's sensor strip sits on the bed and tracks sleep quality/duration/cycles, heart and breathing rates, etc. It's more accurate than wearable devices, one tester noted (\$149, beddit.com).

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

HEART HEALTH FOR THOSE WITH HEART

There's a passion for life in the crunch of almonds.

Get 6g of protein, 4g of fiber and essential nutrients in every heart-healthy handful to really bring it all day, every day.

Learn more at Almonds.com.



Per one-ounce serving.

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almonds®**
CRUNCH ON

"I WAS AN EATING ADDICT" WOW! SHE LOST 139 LBS!



AFTER:
157 lbs.
Badass in
Brooklyn

Scared she could die young like her mother, Melissa Carter made a brave choice to save her life. It worked

BY SARI HARRAR

SIX YEARS AGO, Melissa Carter seemed like a success story. At 29, she was a music-industry executive who rubbed shoulders with rap stars at Grammy parties and was named a "Power Player" by *Billboard* magazine. "But inside, I was miserable," she says. "I had a lifelong food addiction I wasn't dealing with." She was also pre-diabetic, and diabetes had killed her mother at 40: "I was questioning my worth every day."

She hit bottom when she couldn't fasten her seat belt on a flight: "I pretended it was buckled because I couldn't bear the shame of asking for an extender," she says. "I realized I was desperate for real change—not another crash diet or extreme exercise routine."

FACING HER FEARS

Melissa's doctor told her that she was morbidly obese and a candidate for bariatric (weight-loss) surgery—news that was a blow to her fragile self-esteem: "I had to stop believing I could handle this on my own."

After researching her options and accredited facilities and interviewing someone who'd had weight-loss surgery, she



BEFORE:
296 lbs.
Partying
in Florida

made the decision to go for it. In 2009, she had a sleeve gastrectomy. Surgeons removed about 80% of her stomach to leave a narrow tube that held less food—a tool for permanent weight loss if she could stick with small, healthy meals for the rest of her life.

A big bonus: Weight-loss surgery can lower blood pressure and cholesterol and reverse diabetes, partly by changing insulin-regulating gut hormones. “The effect can be dramatic,” says Mitchell S. Roslin, M.D., director of bariatric and metabolic surgery at Lenox Hill Hospital in New York City. In Melissa’s case, she is no longer prediabetic.

A NEW BODY

After the surgery, Melissa was sore and weak. She followed a liquid diet while she healed, and the fat began melting off.

Next, she overhauled her diet. “I used to eat junk,” she says. “Breakfast was a cinnamon roll and a bacon, egg and cheese sandwich.” She learned how to cook by throwing potlucks with friends whose healthy habits (and recipes) she wanted to mimic. “Today, breakfast is a protein shake or eggs with brown rice or spinach,” she says. “I eat a lot of fish and vegetables, clean food. But I do have a treat once in a while. If I want ice cream, I get the best. I’m worth it!”

She set new exercise goals, too, starting small with five-minute walks. As she gained strength, she hired a trainer and joined an online running group. “I did a triathlon last year!” she exults. “It’s remarkable what you can do.”

SOUL FOOD

Within a year, Melissa was 100 pounds lighter. After two years, she was “skinny, pretty and fit—but not happy,” she admits. She had another moment of truth, this time on a mountain in Italy: “I realized I didn’t love myself and was still medicating with food. I had great friends and family, but wasn’t authentic with myself or them.”

She joined Overeaters Anonymous to cope with her food addiction. And she left her corporate job to focus on her new love, fitness, becoming a certified personal trainer and nutrition coach.

In 2012, she launched BelieveCommitLive (bclfitness.com), a wellness business based on her life philosophy. “It’s not just about losing pounds,” she says. “If you aren’t whole and healed inside, you won’t have a life you love. I work on it every day.”

Last summer, when she felt her addiction creeping back, Melissa reached out for support via her blog. “What matters is what you do when old habits arise,” she says. “I will always choose to grow.”

IS WEIGHT-LOSS SURGERY FOR YOU?

Procedures shrink the size of the stomach or reroute the digestive tract to bypass parts of it. Candidates:

- have a BMI of at least 40 or a BMI of at least 35 and weight-related health issues such as diabetes.
- have tried but can’t sustain weight loss.

Learn more at asmbs.org (American Society for Metabolic and Bariatric Surgery).

The Nature Conservancy



Protecting nature. Preserving life.®



*How could I have
ever believed I
could leave you
and live?*

cantlivewithoutnature.org

Photo: Jason Tenenbaum/Creative Commons

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JohnCarlo

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surviving twin.

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★ GH REPORT ★

By the experts at the Good Housekeeping Institute

HOW THIS

little card

FROM OUR
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ELECTRONICS
LAB

WILL CHANGE YOUR LIFE

IT'S A TOUCHSCREEN!

Swipe the mini screen with your finger to switch between dozens of your cards and choose which one to pay with.



Plastic,
\$155

ALL-IN-ONE

One card acts as *all* of your credit and gift cards.



GAME CHANGER

The overstuffed wallet may be going the way of the rotary phone. Hitting the market: single-card payment systems that serve as your credit, debit, gift and loyalty cards *and* make shopping more secure. We like **Plastic** (left): Use the included card reader to load account info on the phone app and sync it with the card. Or try **Wocket** (\$150), a wallet-size device that digitally stores cards via a scanner (no app needed). Wocket encrypts data so if intercepted, it's unusable. And it unlocks using only your voice or a PIN.



MIRIAM AROND
GH Institute Director

IS TECH MAKING life easier?

Things seemed so simple before texts, Facebook and (*gulp*) drones (page 113). I think we're better off than in the "good ol' days," though. Seeing robo-vacuums suck up debris in our Labs is impressive (our picks, page 114), plus they cut down on cleaning time. And a do-it-all payment card is a minimalist's dream (safer, too!). There's still a lot to figure out, but there's no going back. Our promise: At GHI, we'll continue to evaluate tech trends so you can adopt the ones that *improve* your life, not further complicate it.



FOLLOW ME
@miriamarond

Honey, I SHRUNK YOUR SWEATER!

A COMMON GOOF: You accidentally toss a sweater into the hot wash/dryer and it comes out toddler size. Is there a fix? We tested Unshrinkit (\$12), a solution that claims to de-shrink wool by relaxing its fibers. Our Textiles Lab pre-shrunk three test sweaters; soaked them in Unshrinkit, plus three liters of water; and stretched the sweaters out to dry (per the instructions). The merino wool, which had shrunk a bit, gained back most of its 1½-inch length loss. But the regular wool and cashmere had shrunk significantly and only recovered an inch or so. Plus, Unshrinkit contains a chemical that, when mixed with H₂O, emitted a sulfurlike smell that our tester found irritating. (The odor lingered in the fabric even after a second rinse.)

Our verdict: Skip it.

GHI care tip: To prevent shrinkage, follow the garment's label: If it says to hand-wash, soak in cool water and a mild detergent for about 10



minutes, scrunching gently from time to time; rinse in cool H₂O and squeeze gently (don't wring or allow it to stretch); and roll in a towel to absorb excess water, block it into shape and lay flat to dry.



HOW IT WORKS

MR. CLEAN MAGIC ERASER

Since its launch in 2003, Mr. Clean Magic Eraser (\$2), a GH Seal holder, has been the go-to fella for nixing marks from virtually any surface *without* harsh chemicals. How? It's made from melamine resin foam, the material used in insulation. Water activates "microscrubbers" that remove and trap dirt. It's passed our tests on everything from counters to tiles. The Extra Power version (\$3) uses compressed foam for more strength and durability.

REBOOT YOUR RESOLUTION.



You started with best intentions! But, you got a little side tracked. It's never too late to get back on track. Get started with deliciously easy ways to eat smart featuring **Tyson® Grilled & Ready®** products.

Find recipes at Tyson.com

Available at **Walmart** 



TRIED + TESTED SOLE SAVERS

Electric foot files make DIY pedis a breeze. Our Beauty Sciences Lab looked at five new launches and scored them on performance and ease. These two stood up

OVERALL PICK

DR. SCHOLL'S EXPRESS PEDI FOOT SMOOTHER

Testers fell head over heels for this gizmo, rating it the easiest to use, gentlest on skin (even while smoothing rough calluses) and fastest compared to a traditional foot file like a pumice stone. One raved: "This did better than anything I've ever used!" Said another, "It was easier than a foot file and I didn't worry I was going to cut myself."

Drawbacks: One tester said it was tricky to clean; another wished instructions specified how to disinfect the roller.



Dr. Scholl's,
\$40

Amopé Pedi
Perfect, \$40

BEST FOR CALLUSES

AMOPÉ PEDI PERFECT

For *really* rough heels, this device offers the winning combination of power and finesse. It scored highest on reducing calluses after one use (better than a \$200 device we tested!) and it was easy to operate. "Like a power sander for your feet!" said a tester — minus the pain, of course. It was also the simplest to clean after use.

Drawbacks: A few found it a bit loud and heavy, but most said it handled well and were won over by its energy.

SEEN ON TV

SPICY SHELF

THE INFOMERCIAL FOR SPICY SHELF, wooing you with promises of a kitchen-pantry makeover, might make you think, *Really?* We wondered, too, so we clicked the Order Now button and tested it.

The claim: It nearly doubles your storage space and organizes up to 64 spices (or beauty/craft products).

Our verdict: It works. It didn't come close to doubling our space, but did boost it 53% compared with a single layer of spices. We loaded 73 bottles when shelves were side by side (53 in the stacked position). We love that the shelves expand and all labels are visible.

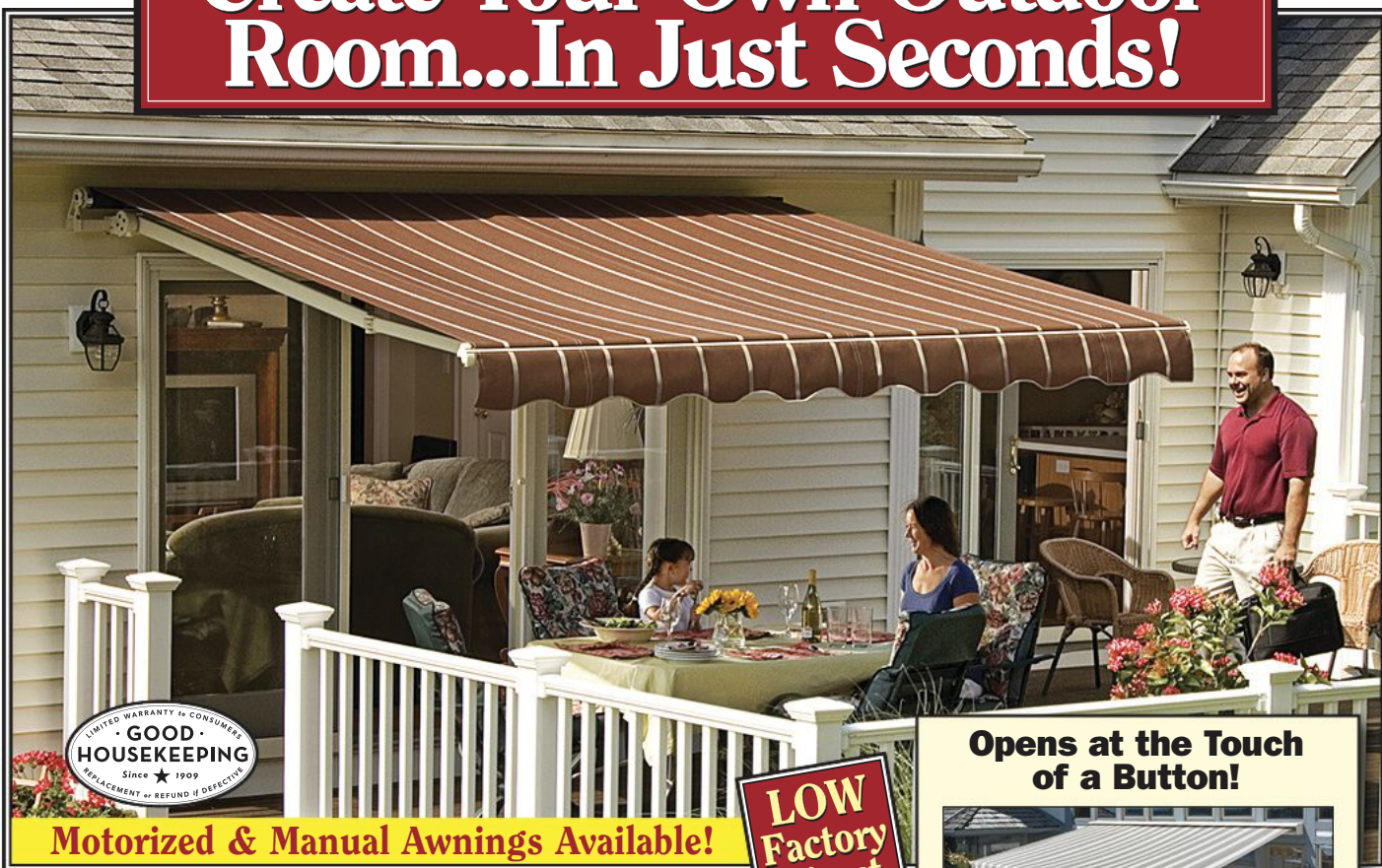
BUT WAIT, THERE'S MORE!

- Fits cabinets up to 32 $\frac{3}{4}$ " wide.
- Great for medications, cosmetics, etc.
- Quick and easy to install.



Spicy Shelf,
\$20

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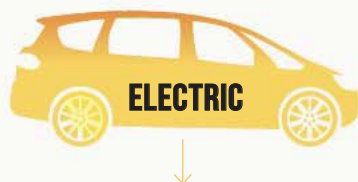
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Better fuel economy saves at the pump *and* can contribute fewer greenhouse gas emissions. Which fuel-efficient car is best for you?



STARTING AT \$25,000



FUEL ECONOMY
GREAT

Electric cars emit no tailpipe pollutants. They must be charged between uses via a standard wall outlet or a charging station, as most go only about 80 miles on a fully charged battery.

BEST FOR: Short daily commutes

CONSIDER: Chevrolet Spark EV; Ford Focus Electric



STARTING AT \$19,000



FUEL ECONOMY
GOOD/GREAT

Hybrids use a combo of electric and gas motors, so you get the higher fuel economy of electric plus the power of gas when needed (i.e., for acceleration and long drives). Plug-in hybrids allow for an all-electric option.

BEST FOR: Highway/city driving

CONSIDER: Honda Accord Hybrid; Ford Fusion Energi Plug-in Hybrid



STARTING AT \$16,000



FUEL ECONOMY
GOOD

Today's diesel engines are 20% to 35% more fuel-efficient than regular gas engines (though they tend to have higher smog emissions).

BEST FOR: Highway driving

CONSIDER: VW Passat TDI; Chevrolet Cruze Diesel

the claim: "UNSCENTED"

A product labeled "unscented" is allowed to contain fragrance to mask a strong odor. Even "fragrance-free" isn't a no-smell guarantee; it means no *extra* fragrance has been added, but ingredients may have scents. Concerned? Contact the company: Cosmetics brands must disclose ingredients; cleaning-product makers don't have to, but many will.

PRICE CHECK RAZOR CARTRIDGES

We shopped around to find you the best value



Gillette Venus Embrace cartridges (4-pack)

AMAZON
.COM

\$16.97

DRUGSTORE
.COM

\$17.99

SOAP.COM

\$17.99

ULTA.COM

\$18.99

WALMART
.COM

\$16.97



Schick Quattro for Women cartridges (4-pack)

\$9.99

\$12.99

\$14.49

\$14.49

\$11.77

FROM
OUR
**ENGINEERING
LAB**



**Parrot
Bebop,
\$500**

Drones COMING SOON TO A SKY NEAR YOU

They're in the air! Here, what you need to know

YOU MAY HAVE read about drones flying too close to planes or seen them spying on *Homeland*. What is a drone? It's an unmanned aerial vehicle (UAV) flown remotely via a computer or smartphone and often outfitted with a camera (think RC plane meets robot meets GoPro). Anyone can buy a drone for fun (\$50 to \$1,200+), and companies are investing in pricier sophisticated versions for business purposes (they need FAA approval for commercial use). GHI looked at the pros and cons.

Pros: Because drones go where we can't (flying up to 400 feet high, the FAA limit) and are cheaper than piloted planes, industries plan to use them for all sorts of things (see right). **Cons:** Drones are fairly new, so laws specifying where they can go are lagging. (The FAA plans to issue a proposed rule for drones under 55 lbs. soon.) Some states have no-drone zones, but drone privacy laws are still evolving, so don't be surprised if your neighbor flies one through your yard.

HOW DRONES WILL IMPACT YOU



REAL ESTATE

One agent got FAA approval to fly a commercial drone equipped with cameras to photograph properties for prospective clients.



SEARCH AND RESCUE

Rescue groups are using drones to find missing persons, and researchers are looking at ways to monitor disasters like forest fires.



AERIAL SHOTS IN MOVIES

Movie studios have been granted clearance by the FAA to use drones for aerial shots, which is cheaper and safer for photographers.

PHILIP FRIEDMAN/Studio D (drone); Getty Images (4).

DANGEROUS-PRODUCT RECALLS

SINGLE-SERVE COFFEEMAKERS

Following reports of hot water escaping the brewer, over 7 million Keurig Mini Plus Brewing Systems have been recalled. Call 844-255-7886 or go to keurig.com for a free repair kit.

COMPUTER POWER CORDS

Over 500,000 AC power cords from Lenovo—for use with Lenovo laptops—have been recalled due to the possibility of overheating and posing fire and burn hazards. For a free replacement, contact Lenovo at 800-426-7378.

BEANBAG CHAIRS

Comfort Research is recalling 125,000 chairs due to reports that the zipper can open, letting kids crawl in and suffocate or choke on foam beads. (Last year, two kids died suffocating on beans inside Ace Bayou chairs.) To disable the zipper, go to comfortresearch.com.



TRIED+TESTED ROBO-VACUUMS

With smarter navigation, wide brushes and set-and-forget scheduling, the latest crop can cut down on the time you spend cleaning and go places uprights can't. Our pros tested nine models—these got our vote



FAST AND NIMBLE

Neato Botvac 85 (\$599)

This dynamo maneuvered adeptly around furniture and went into tight spots (like corners) more quickly than any other model. Its dust bin was one of the easiest to clear out.

GOOD TO KNOW: It cleaned exceptionally on bare floors, but less so on carpet.



RELIABLE CLASSIC

iRobot Roomba 880 (\$700)

The Roomba lived up to its renown, clearing 90% of soil on bare floors and 73% on carpets, thanks in part to a side brush that gathers debris from corners.

GOOD TO KNOW: It did poorly in spot-clean mode, scattering debris rather than collecting it.

BUDGET BUY

P3 International V-Bot (\$150)

It did well—better than a few pricier models—at clearing oatmeal, sand and more from bare floors and navigated around furniture.

GOOD TO KNOW: It had trouble going from bare floors to rugs and picked up less than 30% of carpet debris, and it doesn't include a remote.



INSTITUTE TIP:

Wipe down the vacuum's sensors every few cycles to keep all systems go.



THE DELUXE

Samsung VR9000 (\$1,199)

Yes, it's the costliest of the bunch, but it outperformed all others, even competitors at this price point. Because this marvel has the widest brush bar, it covers more area in its path. It picked up 99% of oatmeal, sand and more from bare floors and was one of only two models that did well on carpet. It also scored highest in ease of use.

GOOD TO KNOW: Our largest model, this one couldn't get beneath the sofa.

Coming this fall: the Dyson 360 Eye, a robotic vac you can monitor via an app.

ESCAPE *the* LAND of GROG™

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are not a fantasy!



Use as directed

A bright and productive day starts
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In this dreary, groggy world, the evil Dr. Dose™ casts his spell with
medicated sleep products—leaving you tired and listless the next morning.

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MidNite helps you fall asleep faster, and allows you to wake up rested, alert
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sleep is not a fantasy.™

Allow at least three hours for sleep after using MidNite.
Refer to product labeling for Important Safety Information.

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



www.MidNiteSleep.com/grog



3 KITCHEN SEAL STARS WE LOVE



BOSCH FRIDGE

This luxe refrigerator (with an internal water dispenser) fits flush with

counters for a built-in look. LED lighting makes even leftovers seem fab. *B22CT80SNS*, \$3,000, bosch-home.com



PANASONIC RICE COOKER

Prepare 5 cups of perfect rice with the press of one button. *SR-DF101*, \$70, panasonic.com



JCPENNEY 13-PIECE COOKWARE SET

The skillets heated evenly in our tests, and the nonstick coating easily released eggs. Nice touch: silicone grips on handles. \$100, jcpenny.com

Seal Spotlight ROCK-STAR COUNTERS

Our experts were so wowed by Caesarstone's quartz countertops that we installed them in all of our Labs and the Institute Test Kitchens. They're hard to beat



Caesarstone is stain-resistant, no sealant needed. Granite, which is more porous, must be sealed periodically to deflect stains.

A GH SEAL HOLDER SINCE 2006:

CAESARSTONE

This resilient material (93% quartz, 7% polyester resin) is scratch-, heat- and mildew-resistant, so it's ideal for kitchens *and* bathrooms. It's tough and can be easier to clean than granite, whose surface and sealant may be damaged by common household cleansers. And its new lines reflect the latest design trends, so you can go chic without sacrificing durability. We like: Calacatta Nuvo, *above*, which looks like marble but is tougher, and Sleek Concrete, a matte finish for an industrial effect.

Prices range \$75 to \$100 per sq. ft. (includes installation), caesarstoneus.com



The GH Institute Test Kitchens (awash in Caesarstone), where we triple-test our delicious recipes

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It's the sleep experience that will change your life.

Whether you prefer supreme softness or conforming comfort layers, the SLEEP NUMBER® bed is uniquely designed for a better night's sleep. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your SLEEP NUMBER® setting.

Know Better SleepSM

With new SleepIQ® technology, the Sleep Number bed provides a simple and intuitive way to know more about your sleep. Using DualAir™ technology inside the bed, SleepIQ® tracks your

sleep and provides you with information that empowers you to achieve your best possible sleep, night after night. There's nothing to wear, nothing to turn on. All you have to do is sleep. **Our Queen c2 mattress with SleepIQ® technology is only \$999.98.**

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FlexTop™ King c4 mattress shown on a FlexFit™ 3 adjustable base. Upholstered headboard, footboard and sideboards sold separately.

*May temporarily relieve common mild snoring in healthy adults. Available with Split King and FlexTop™ King mattresses on FlexFit™ 2 and 3 adjustable bases.

†Restrictions apply. See savings card for details and expiration date. © 2014 Select Comfort

chunk.



Thicker cookies with chunkier chocolate chunks is the answer. The question doesn't matter.

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DELICIOUS RECIPES. NEW COOKING TOOLS. EASY PREP TIPS.

SQUEEZE + **FREEZE**

Whip up this fancy Italian-style flavored ice with only three ingredients

ORANGE GRANITA

Cut top quarter off 6 lg. **navel oranges**; set aside.

Trim bottoms so they stand upright. With sm. knife and spoon, scrape pulp into bowl; place shells in freezer. Into 4-c. measuring cup, squeeze juice from pulp.

From 5 more oranges, grate 1 Tbsp. peel and squeeze enough juice to make 3 c. in all. Stir in ½ c.

sugar and pinch **salt**

to dissolve; pour into square metal baking pan. Freeze 5 hrs., scraping frozen bits with fork every hour.

To serve, scoop into frozen shells and replace tops.



Food styling by Christine Albano. Prop styling by Paige Hicks.

FROM THE KITCHEN...



SUSAN WESTMORELAND
FOOD DIRECTOR

"Food critic Mimi Sheraton and I tasted a few of the 1,000 best foods from her new book, far right — the jewel in the crown of her career."

FOLLOW US @ghtestkitchen

WHAT WE'RE EXCITED ABOUT THIS MONTH



GROW YOUR OWN GREENS

Plant these seed balls and savor fresh-picked salads in just two weeks.

\$7 for a bag of five, myfootprint.is



EDIBLE BUCKET LIST

All the world's best foods, from profiteroles to Zanzibar duck, in one place—plus recipes, where-to-eat tips and more.

\$25, workman.com



DINE AND DONATE

With every fun, colorful package of Cheeky disposable dishes, napkins or plastic tableware sold, the company will donate one meal to someone in need right here in the U.S.

\$4 per package, target.com



APPS IN A SNAP

Pop presliced Cheddar, Dubliner or pepper Jack on your favorite crackers, then into your mouth.

\$5 to \$7, kerrygoldusa.com and cabotcheese.coop



COCONUTTY

Crunchy, sweet coconut chips are great for topping cakes...or eating by the whole addictive bagful.

\$3, dangfoods.com

EASY WEEKNIGHTS

These delicious dinners — pizza! pasta! chicken! — will become fast favorites



Food styling by Sherry Rujikarn

WINE SWAP

Don't have white?
Not a problem.
Substitute 1 Tbsp.
lemon juice and
enough water to
equal ½ cup.

Bacon & Brussels Sprout Penne

Cook 1 lb. **penne pasta** as label directs, reserving ½ c. pasta water before draining. Meanwhile, in 5-qt. saucepot, cook 6 slices **bacon**, chopped, on med.-high 5 min. or until crisp, stirring. Transfer bacon to plate. Add 12 oz. quartered **Brussels sprouts** to fat in skillet and ½ tsp. each **salt** and **pepper**. Cover and cook 5 min. (do not stir). Reduce heat to med. Add 2 med. **shallots**, thinly sliced, and ½ c. **golden raisins**. Cook 2 min., stirring occasionally. Add ½ c. **dry white wine**; cook 2 min., scraping up browned bits. To sprouts, add bacon, cooked pasta and reserved pasta water.

SERVES 4 About 465 cal, 16 g protein, 74 g carbs, 12 g fat (4 g sat), 5 g fiber, 400 mg sodium.



America Cooks With Chefs, a Clinton Foundation contest, challenged chefs to create healthy, family-friendly dishes under 800 calories. Tony Mantuano (of Chicago's Spiaggia) submitted this recipe — great for picky eaters.

DONE TO PERFECTION

Try this recipe with wild salmon, which is leaner than farm-raised, but make sure to check for doneness after 2 minutes to avoid overcooking.

Warm Pasta Salad with Salmon

Heat lg. pot salted water to boiling on high. Add 2 med. **zucchini**, sliced $\frac{1}{4}$ in. thick; cook 3 min. or until just tender. With slotted spoon, shaking dry, transfer to lg. bowl along with 1 clove **garlic**, smashed; 2 c. halved **cherry tomatoes**; 4 leaves **basil**; 3 Tbsp. extra virgin **olive oil**; 1 Tbsp. **red wine vinegar**; and 1 tsp. dried **oregano**. Stir gently. Season with **salt** and **pepper** to taste. Cover; set aside. Return water to boiling; add $\frac{3}{4}$ lb. **orecchiette pasta**. Cook 2 min. less than label directs; drain. Transfer to bowl with vegetables; toss well. Meanwhile, heat 12-in. nonstick skillet on med.-high. Rub 1 Tbsp. of olive oil on flesh side of 4 (5-oz.) **salmon fillets**; season with salt and pepper. Add to pan, skin side up. Cover; cook 3 to 4 min. or until bottom is browned. Discard skin. To serve, discard garlic in pasta; divide among 4 plates. Top with salmon and any leftover dressing.

SERVES 4 About 635 cal, 42 g protein, 70 g carbs, 21 g fat (4 g sat), 5 g fiber, 160 mg sodium.



Crunchy Walnut-Crusted Salmon Fillets



Pasta Puttanesca with Mixed Olives & Walnuts

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walnuts.org   



Chinese Chicken Walnut Stir Fry



Walnut-Goat Cheese Stuffed Chicken Breasts

*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

**HOT NEW
GLAZE**

In the food world, “mahogany” is usually a mix of soy and honey that gives a dish’s glaze its rich color and caramelized flavor. Try it on pork tenderloin, too!

Mahogany Chicken & Broccoli

Line 2 rimmed baking sheets with foil. In lg. bowl, whisk 2 Tbsp. **lower-sodium soy sauce**; 2 Tbsp. **honey**; 2 cloves **garlic**, pressed; and 2 tsp. grated peeled **fresh ginger**. Add 1½ lbs. **chicken thighs**, fat trimmed, and 1 bunch **green onions**, cut into 2-in. lengths; toss to coat. Arrange chicken, skin side up, and green onions on 1 prepared baking sheet. On other prepared baking sheet, toss 1 lb. **broccoli florets** with 2 Tbsp. **vegetable oil** and ½ tsp. **salt**; arrange in single layer. Roast chicken and broccoli in 450°F oven 30 min. or until chicken is cooked through (165°F) and broccoli is tender.

SERVES 4 About 380 cals, 28 g protein, 19 g carbs, 22 g fat (5 g sat), 4 g fiber, 485 mg sodium.

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glasses
should not have
to become vases



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now with Glass Protection Action



**EXTRA FIBER**

No need to peel the sweet potatoes, we discovered in one of our tests. Just scrub!

For more recipes and the plan, go to goodhousekeeping.com/supercarb.

Roast Pork with Winter Veggies

Place 1 **pork tenderloin** (1¼ lbs.) on lg. rimmed baking sheet; brush with 2 Tbsp. **tomato paste**. Sprinkle with 2 Tbsp. **fennel seeds**, ½ tsp. **salt** and 2 tsp. **pepper**. Toss 3 med. **sweet potatoes**, cut into ½-in. chunks, with 2 Tbsp. **vegetable oil**; add to pan. Roast in 450°F oven 25 min. or until pork is cooked (145°F). In 5-qt. saucepot, heat 1 Tbsp. oil on med. Add 2 cloves **garlic**, pressed; cook 1 min., stirring. Add 2 bunches **Swiss chard**, chopped, and ½ tsp. salt. Cook 7 min. or until crisp-tender, stirring. Add 1 can (14 oz.) no-salt-added **white beans**, rinsed and drained. Serve with pork and potatoes.

SERVES 4 About 450 cal, 37 g protein, 41 g carbs, 16 g fat (2 g sat), 11 g fiber, 865 mg sodium.

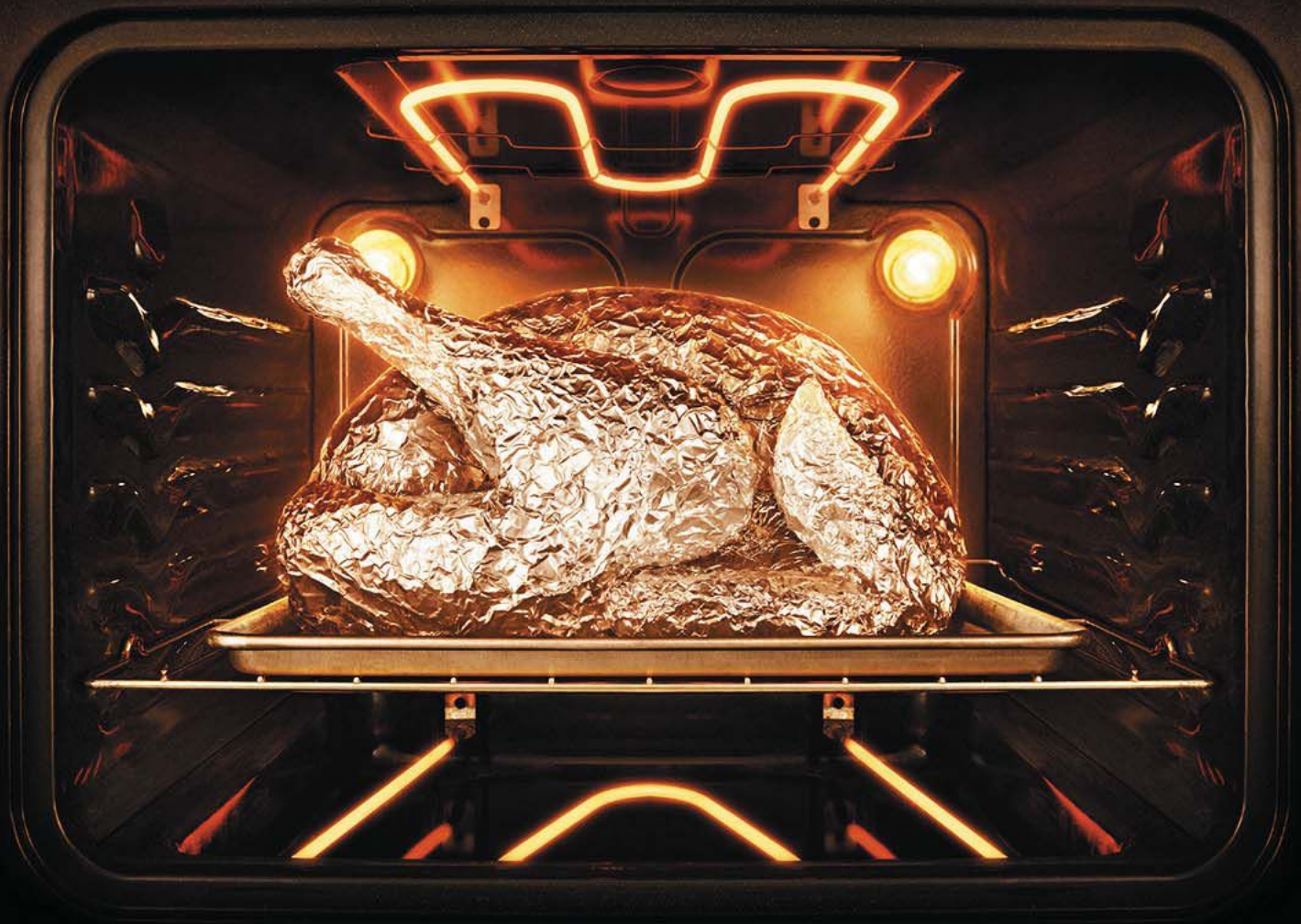
**CRISPY CRUST**

Preheat cookie sheet in a hot oven: This turns it into a baking stone for perfect crust.

Pizza Primavera

Place lg. cookie sheet in 475°F oven. In lg. bowl, toss 1 bunch **asparagus**, trimmed and thinly sliced on an angle; ½ sm. **red onion**, very thinly sliced; 2 Tbsp. **olive oil**; and ½ tsp. **pepper**. Stretch and roll out 1 lb. **pizza dough** into 12-in. circle on lg. sheet parchment paper. Top dough with 4 oz. **fontina cheese**, shredded, then asparagus mixture. Remove hot cookie sheet from oven. Carefully slide parchment with dough onto cookie sheet. Place in oven; bake 20 to 25 min. or until bottom and edges are deep golden brown.

SERVES 4 About 425 cal, 16 g protein, 52 g carbs, 20 g fat (6 g sat), 3 g fiber, 610 mg sodium.



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© 2014 RB



Mmm... MORNING!

Transform St. Paddy's Day leftovers
into a hearty weekend brunch

Corned Beef Hash

1. Preheat oven to 450°F. Lightly brush 4 individual baking dishes or 1 large skillet with **vegetable oil**.

2. In 12-in. nonstick skillet, heat 2 Tbsp. vegetable oil on med.-high. Add 1 med. **green pepper**, seeded and chopped; 1 med. **red onion**, finely chopped; and ½ tsp. **salt**. Cook 10 min. or until vegetables are almost tender, stirring occasionally.

3. Add 2 c. chopped **cooked potatoes** and 2 c. chopped **cooked corned beef**. Cook 5 min., stirring often.

Stir in ¼ c. **basil leaves**, chopped. Divide among prepared baking dishes. Top each with 1 **egg** and pinch of **black pepper**. Bake 13 to 15 min. or until desired doneness.

SERVES 4 About 410 cal, 21 g protein, 21 g carbs, 27 g fat (7 g sat), 3 g fiber, 915 mg sodium.



Food styling by Sherry Rujkan

Sweet raisins and tart cranberries.

Together at last.

I love redheads

Stop, I'm blushing



New Kellogg's Raisin Bran® with Cranberries.

The tongue-teasing taste of tart and sweet, plus an excellent source of fiber and Antioxidant Vitamin E.



THE BIG EASY'S BIG FLAVORS

Fresh, creative dishes draw crowds to eateries all over New Orleans, including our editors, who happily ate their way through town to bring you the best recipes and restaurants to try. Jazz up your dinners, desserts and drinks!



A pretty mural at the French Quarter's Café du Monde beckons you in. Sit and sip at an outdoor table and watch the world go by.



SYLVAIN'S

SHAVED SQUASH SALAD

No boring mesclun here:
Black-eyed peas and grilled green
onions add a Southern kick.

[recipe, page 141](#)



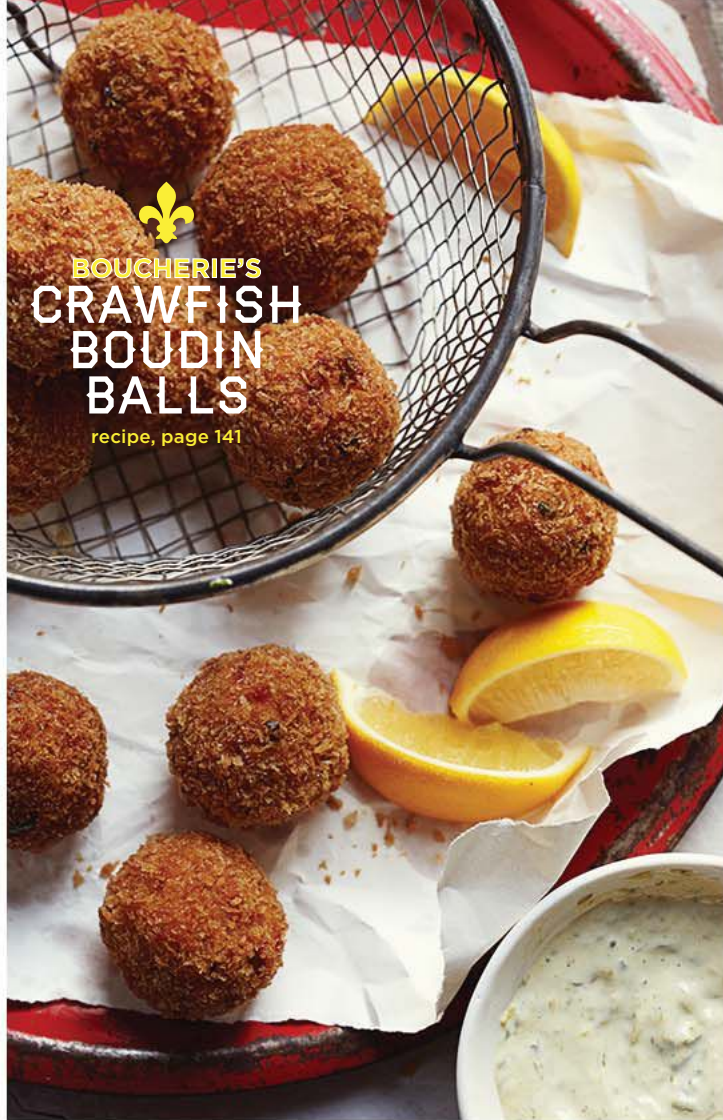
FOOD PHOTOGRAPHY BY CON POULOS
FOOD STYLING BY CHRISTINE ALBANO



Crawfish bake among friends in a Garden District backyard



Boucherie



BOUCHERIE'S CRAWFISH BOUDIN BALLS

recipe, page 141

BEST NEW BITES

Taking a trip to the Big Easy? (Lucky you!) Stop in at some of our favorite hot spots.

MAHONY'S PO-BOYS & SEAFOOD

New Orleans' signature sandwich rules at this uptown eatery. We love: the Peacemaker, jam-packed with bacon, Cheddar cheese and shrimp or oysters.

RESTAURANT R'EVOLUTION

If you're a newbie to Creole cuisine, learn everything you need to know by heading to the French Quarter for Death by Gumbo, with oyster-stuffed quail.

DOMENICA

Hit it for happy hour and enjoy beer, wine and half-price pizza (pie picks: roasted carrot or smoked pork). Find it in the Central Business District.

MAGASIN

Spoon up pho, a beefy soup reputed to cure hangovers, or any of the mint-and-lemongrass-flavored dishes at this bright uptown Vietnamese café.

COQUETTE

Book early at this award-winning Garden District eatery and feast on inventive dishes like crabmeat with cauliflower, pecans and Meyer lemon. The menu is so fresh, it changes daily.

COCHON BUTCHER

Bring a big appetite to the Warehouse District and get the muffuletta, a huge Italian sandwich stuffed with house-cured ham and pastrami and olive salad.



Coquette

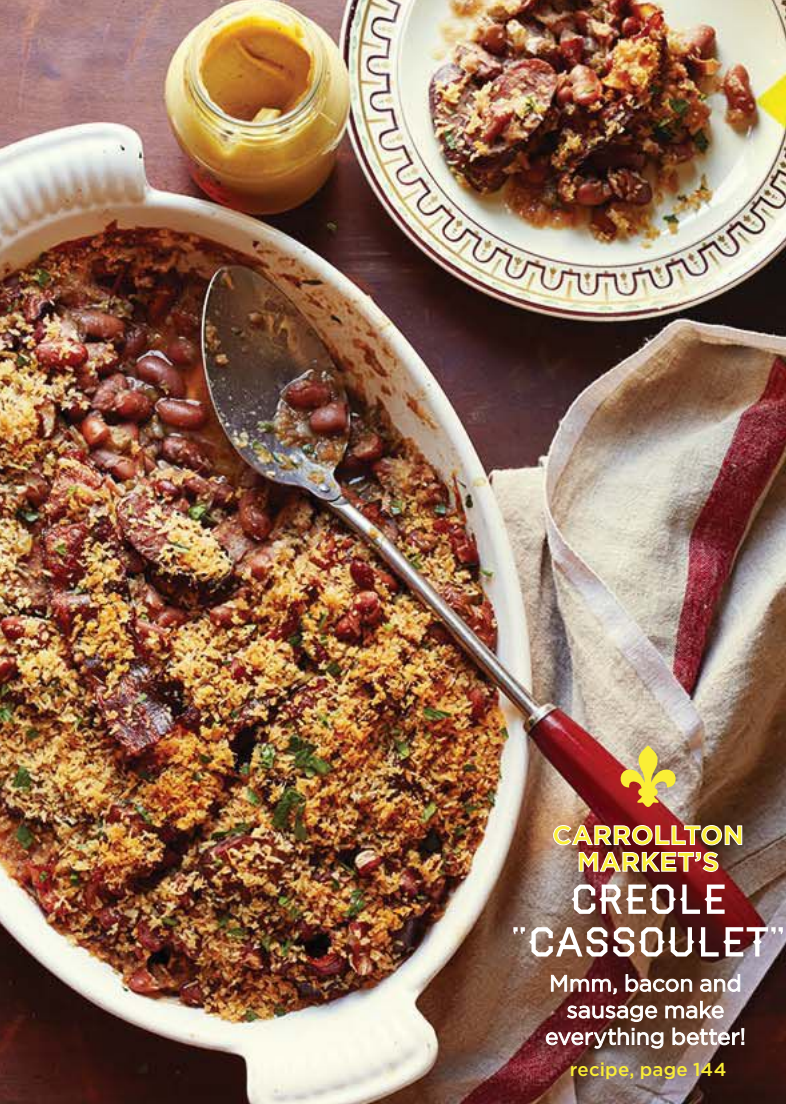


BORGNE'S

GARLIC-CLOVE SHRIMP

Grilled baguette sops up
every bit of flavor.

recipe, page 142

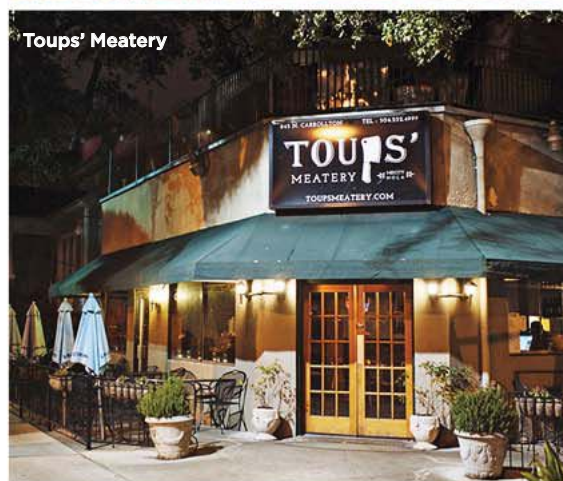


**CARROLLTON MARKET'S
CREOLE
"CASSOULET"**

Mmm, bacon and
sausage make
everything better!
recipe, page 144



Carrollton Market



Toups' Meatery



Emeril Lagasse (left)
and Chef Donald Link
at an ELF fund-raiser



**DONALD LINK'S
CHICKEN
CHIVITO SANDWICH**

This towering hero
packs a multitude of
delicious flavors.
recipe, page 144

THE HOMETOWN HERO

Bam! You know him as the high-energy chef who brought New Orleans cuisine to every kitchen in America. You'd never guess that **Emeril Lagasse** isn't a native (he's from Massachusetts), but in his 30 years there, he helped kick-start the city's restaurant revolution (Emeril's New Orleans turns 25 this month). Right now, he's excited about the creative, chef-operated spots that have popped up during the recovery

from Hurricane Katrina and the emerging chefs he mentors to continue the city's legacy of culinary excellence. He's also working to inspire a love of good food in disadvantaged kids: His Emeril Lagasse Foundation (ELF), founded in 2002, has distributed more than \$6 million to children's charities for teaching kitchens, outdoor classrooms and culinary arts programs. And that deserves another *bam!*

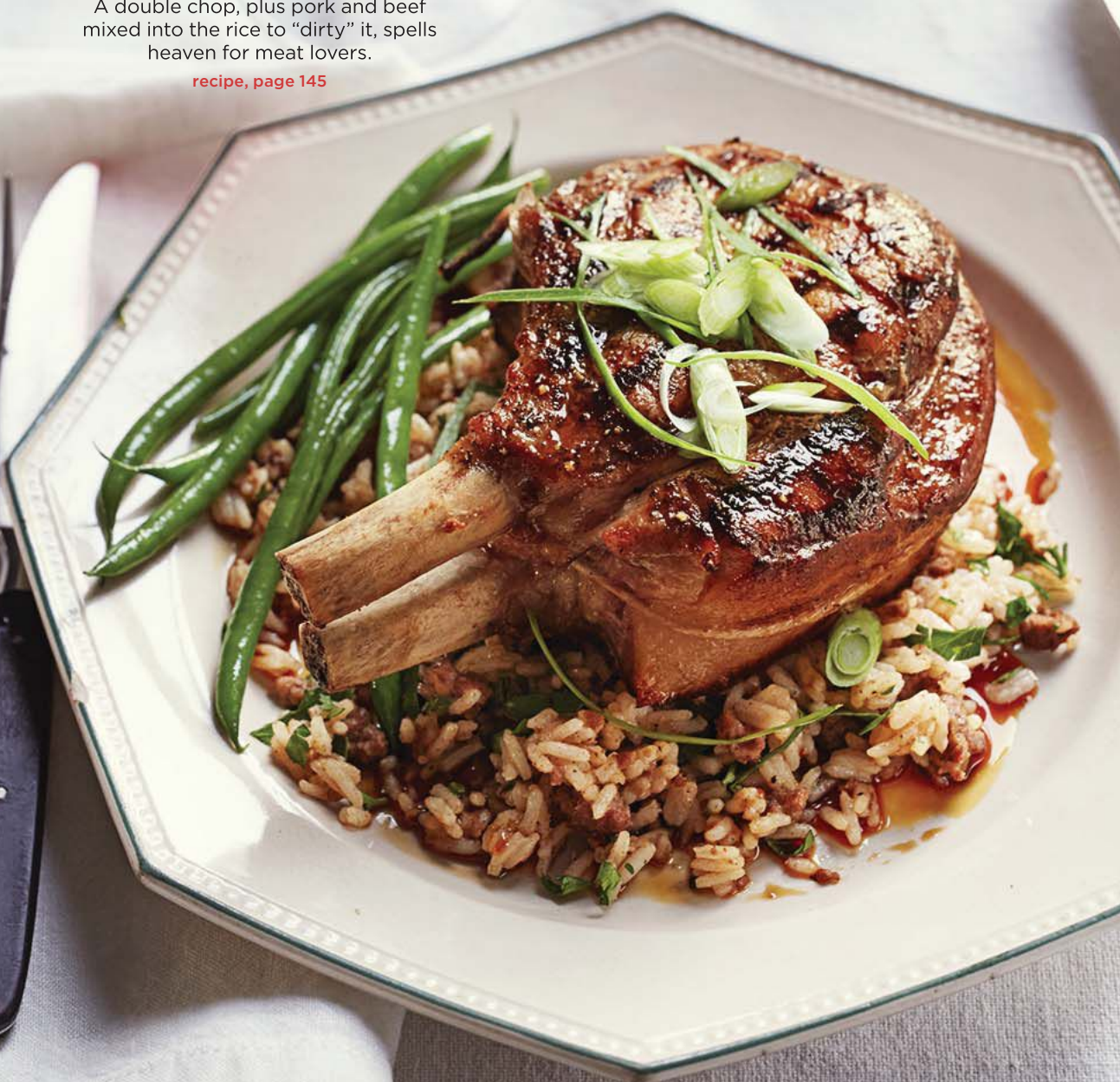


TOUPS' MEATERY'S

SWEET 'N' STICKY PORK CHOPS WITH "DIRTY" RICE

A double chop, plus pork and beef
mixed into the rice to "dirty" it, spells
heaven for meat lovers.

[recipe, page 145](#)





Antoine's

THEY PUT N'AWLINS ON THE MAP

These eateries made the city a culinary destination. Here's why (and where to find them).

In the French Quarter...

ANTOINE'S

The birthplace of Oysters Rockefeller, it's the city's oldest restaurant (celeb patrons through the years have included FDR, Bob Hope and Brad Pitt).

BRENNAN'S

Newly reopened, but Bananas Foster (who doesn't love flaming desserts?) is still on the menu.

FELIX'S RESTAURANT & OYSTER BAR

Try them char-grilled, served with heaps of French bread.

CENTRAL GROCERY

Where the classic meat-stuffed muffuletta was born.

In Mid-City...

PARKWAY BAKERY & TAVERN

Their Surf and Turf po'boy is legendary.

In the Tremé neighborhood...

WILLIE MAE'S SCOTCH HOUSE

Go early: It can fill up by noon and closes at 5 P.M. The to-die-for Red Beans and Rice often runs out.

DOOKY CHASE'S RESTAURANT

Go for the gumbo, but plan wisely to score the celebrated stew: It's open only for Tuesday through Friday lunch and Friday dinner.



French 75



Brennan's



Napoleon House



Café du Monde



Barrel Proof



BARREL PROOF'S TABLE TENNIS

recipe, page 147

BORGNE'S FESTIVAL LEMONADE

recipe, page 147



DONALD LINK'S BANANA PUDDING

recipe, page 149



DRINKS & SWEETS

In the French Quarter...

Café du Monde

A can't miss: warm sugar-dusted beignets and a steamy café au lait.

Arnaud's French 75 Bar

Signature cocktails are delivered by tuxedoed waiters in a cool Art Deco setting.

Napoleon House

It's over 200 years old and famous for its Pimm's Cup, so stop by for a predinner drink.

St. Lawrence

Most bars in the area are raucous, but this one's relaxed, and its cocktails are classic with a twist.

In the Garden District...

District Donuts Sliders Brew

Try the fluffy donuts in flavors like Pineapple Upside-Down Cake and Maple Sriracha.

Still Perkin'

Grab a local-roast Southern Pecan coffee, then take a walking tour of historic Lafayette Cemetery.

In the Ninth Ward...

Bacchanal

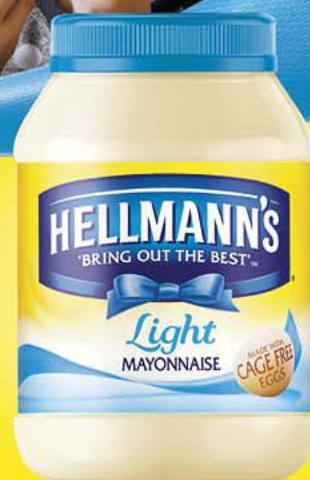
Savor Old World wines and cheese while listening to the next generation of jazz musicians on a laid-back patio.



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RECIPEfinder



SYLVAIN'S

Shaved Squash Salad

PREP 20 MINUTES
TOTAL 25 MINUTES

- 1 bunch green onions
- 1 tsp. plus ½ c. extra virgin olive oil, plus more for garnish
- ¼ c. rice vinegar
- 1 Tbsp. Dijon mustard
- 1 Tbsp. honey (preferably Louisiana)
- 1 lb. yellow summer squash
- 1 pt. grape tomatoes, halved
- 1 can (14 oz.) black-eyed peas, rinsed and drained
- 6 c. arugula
- 1 c. good-quality ricotta cheese
- Coarse sea salt, for garnish

1. Heat lg. grill pan on high. Toss green onions with 1 tsp. oil. Grill 5 to 6 min. or

until very tender and starting to char, turning occasionally. Transfer to cutting board and thinly slice.

2. In med. bowl, whisk vinegar, mustard and honey; stir in green onions, ½ tsp. salt and ¼ tsp. black pepper. While whisking, drizzle in remaining ½ c. oil; set aside.

3. With mandolin, vegetable peeler or sharp chef's knife, very thinly slice squash into ribbons. In lg. bowl, toss squash with tomatoes, peas and half of vinaigrette until well-coated. Taste and add more vinaigrette, if desired.

4. Divide arugula among 6 serving plates; top with squash mixture and lg. dollop of ricotta. Drizzle with olive oil and garnish with coarse salt and black pepper, if desired.

SERVES 6 About 345 cal, 10 g protein, 22 g carbs, 25 g fat (6 g sat), 5 g fiber, 230 mg sodium.



BOUCHERIE'S

Crawfish Boudin Balls

PREP 45 MINUTES
TOTAL 1 HOUR 30 MINUTES

GREEN ONION AIOLI

- 2 tsp. vegetable oil
- 2 green onions, cut into 2-in. lengths
- 4 cloves garlic, lightly smashed
- ¾ c. mayonnaise
- ½ tsp. grated lemon peel
- 1 Tbsp. lemon juice

BOUDIN BALLS

- 1 sm. red pepper, seeded and coarsely chopped
- 1 sm. poblano pepper, seeded and coarsely chopped
- 1 stalk celery, chopped
- ½ med. onion, chopped
- ½ head garlic, peeled (about 7 cloves)
- 2 tsp. plus 1 qt. vegetable oil
- ½ bunch fresh sage leaves
- ¼ bunch fresh thyme sprigs
- 4 bay leaves
- 1 Tbsp. Cajun seasoning
- 1 qt. crawfish or seafood stock
- 2 c. popcorn rice (or long-grain white rice)



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*J. Alt Med 6/05

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YOUR KITCHEN

- 1 lb. cooked crawfish tails or chopped shrimp
- 2 green onions, finely chopped
- 2 Tbsp. melted butter
- 5 lg. eggs
- 1¼ c. dried bread crumbs

1. For Aioli: In 8-in. skillet, heat 2 tsp. vegetable oil on med.-high. Add green onions. Cook 2 min., stirring. Add garlic. Cook 2 min. or until garlic is deep golden brown, stirring. When mixture is no longer hot, add to food processor along with mayonnaise, lemon peel and lemon juice. Puree until smooth; refrigerate, covered, up to 2 days.

2. For Boudin Balls: In food processor, pulse red pepper, poblano, celery, onion and garlic until very finely chopped, scraping down side of bowl occasionally. In 10-in. skillet, heat 2 tsp. oil on med.-high. Add vegetable mixture. Cook 8 to 10 min. or until mixture is mostly dry, stirring frequently.

3. Wrap sage, thyme and bay leaves in cheesecloth and secure with butcher's twine; add to 6-qt. saucepot, along with vegetable mixture, Cajun seasoning, stock and 1 tsp. black pepper. Heat to boiling on high. Stir in rice. Reduce heat to low. Gently simmer, covered, 15 to 20 min. or until rice is tender. Spread rice in rimmed baking sheet or 3-qt. baking dish to cool, discarding herb sachet. Return rice to pot. Fold in crawfish, green onions, butter and ½ tsp. salt.

4. In med. bowl, lightly beat eggs. Place crumbs in shallow dish. Using golf ball-size scoop, form rice mixture into balls. Dip balls into egg, letting excess drip off, then roll in crumbs.

5. In 5-qt. saucepot, heat remaining qt. oil on med.-high until it reaches 375°F on deep-fry thermometer. In batches, fry balls 2 to 3 min. or until deep golden brown, turning occasionally. With slotted spoon, transfer to paper-towel-lined platter. Makes about 4 dozen balls. Serve warm with green onion aioli.

SERVES 12 About 430 cal, 15 g protein, 38 g carbs, 23 g fat (4 g sat), 2 g fiber, 480 mg sodium.



BORGNE'S

Garlic-Clove Shrimp

PREP 25 MINUTES

TOTAL 40 MINUTES

- 2 lbs. jumbo (10 to 15 ct.) shelled, deveined Gulf shrimp
- 1½ Tbsp. Creole seasoning
- 3 Tbsp. plus ½ c. extra virgin olive oil
- 5 cloves garlic, finely chopped
- 1 sm. shallot, finely chopped
- ½ c. dry sherry
- 2 roasted red piquillo peppers, finely chopped
- 1 tsp. sugar
- ¼ tsp. crushed red pepper
- ½ tsp. kosher salt
- 2 c. shrimp or seafood stock
- Chopped fresh flat-leaf parsley, for garnish
- Grilled or toasted baguette slices, for serving

1. Pat shrimp dry with paper towels. In lg. bowl, toss shrimp with Creole seasoning; refrigerate.

2. In 2-qt. saucepan, heat 1 Tbsp. oil on med.-low. Add garlic and shallot; cook 2 to 3 min. or until shallot starts to soften, stirring frequently. Add sherry, piquillo peppers, sugar, red pepper and kosher salt. Heat to boiling on high. Boil 3 min. or until reduced by half. Add stock and ½ c. oil. Simmer 10 min., stirring occasionally.

3. Meanwhile, in 12-in. cast-iron skillet, heat remaining 2 Tbsp. oil on med.-high until hot. Arrange half of shrimp in single layer. Cook 2 to 3 min. or until deep golden brown and just cooked through, turning over once. Transfer to bowl. Repeat with remaining shrimp. Remove skillet from heat. Return reserved shrimp to skillet; add sauce (be careful, it will spatter). Stir to coat. Garnish with parsley; serve with bread.

SERVES 6 About 370 cal, 23 g protein, 5 g carbs, 28 g fat (4 g sat), 1,150 mg sodium.

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CARROLLTON MARKET'S

Creole "Cassoulet"

PREP 20 MINUTES
TOTAL 2 HOURS 40 MINUTES
PLUS SOAKING

- 1 lb. dried red kidney beans
- 1 head garlic, peeled and finely chopped (about 15 cloves)
- 3 green onions, finely chopped
- 3 stalks celery, chopped
- 1 med. onion, chopped
- 1 sm. green pepper, seeded and chopped
- ½ lb. good-quality smoked bacon, very thinly sliced crosswise
- 1½ lbs. Andouille sausage, sliced on an angle
- ¼ c. (½ stick) butter
- ¾ c. panko (Japanese bread crumbs)
- Creole or Dijon mustard, for serving

1. In 5- or 6-qt. heavy-bottomed saucepot or Dutch oven, combine beans and 6 c. water. Let stand 1 hr.
2. Drain soaking liquid from beans; add 6 c. cold water. Heat to boiling on med.-high. Stir in garlic, green onions, celery, onion and green pepper. Heat to simmering. Reduce heat to low. Gently simmer 2 hrs. total, uncovered, or until beans are very tender.
3. While beans cook, preheat oven to 400°F. Arrange bacon in single layer on rimmed baking sheet. Roast 15 min. or until crispy, stirring every 5 min. Transfer bacon to pot with beans. Discard fat from baking sheet. To same sheet, add sausage. Roast 20 min. or until crisp around edges, stirring twice. Add sausage to beans; continue cooking. (If mixture begins to dry out, stir in up to ½ c. water.)
4. Reset oven to 350°F. When beans are cooked, transfer to 3-qt. baking dish. In 8-in. skillet, heat butter on med. until melted. Add bread crumbs. Cook 3 min. or until golden brown, stirring. Spoon crumbs over bean mixture. Bake 35 min. Serve with mustard.

SERVES 8 About 490 cal, 32 g protein, 43 g carbs, 22 g fat (10 g sat), 11 g fiber, 860 mg sodium.



DONALD LINK'S

Chicken Chivito Sandwich

PREP 20 MINUTES
TOTAL 35 MINUTES

- 1 lemon
- ½ c. pitted Kalamata olives
- ½ c. pitted picholine or green olives
- 2 Tbsp. mayonnaise
- 2 tsp. sherry vinegar
- 1 tsp. chopped fresh thyme leaves
- 4 boneless, skinless chicken thighs (about 1 lb.)
- 5 Tbsp. olive oil
- 4 sandwich rolls, split
- 4 lg. eggs
- ½ lb. thinly sliced smoked ham
- 2 c. arugula
- 1 lg. tomato, thinly sliced

1. Preheat outdoor grill or lg. grill pan on high. From lemon, grate peel and squeeze juice into food processor. Add olives, mayonnaise, vinegar, thyme and pinch each salt and black pepper. Pulse until finely chopped; set aside.
2. Brush chicken with 2 Tbsp. oil and sprinkle with ¼ tsp. each salt and black pepper. Grill 5 to 7 min. per side or until cooked through (165°F). Transfer to cutting board. Brush cut sides of rolls with 1 Tbsp. oil. Grill 1 to 2 min. or until grill marks appear.
3. In 12-in. nonstick skillet, heat remaining 2 Tbsp. oil on med. Add eggs. Cook 1 min. Turn eggs over. Cook 1 to 2 min. or until yolks are desired doneness. Sprinkle each egg with pinch of salt and black pepper.
4. To assemble sandwich, spoon olive mixture onto bottom half of roll. Top with chicken, then ham, egg, arugula and tomato. Replace top half of roll. Serve immediately.

SERVES 4 About 680 cal, 42 g protein, 30 g carbs, 44 g fat (8 g sat), 3 g fiber, 1,670 mg sodium.



TOUPS' MEATERY'S Sweet 'n' Sticky Pork Chops with "Dirty" Rice

PREP 30 MINUTES
TOTAL 1 HOUR PLUS BRINING

BRINE

- ½ c. dark brown sugar
- 2 bay leaves
- ½ c. kosher salt
- 8 c. ice
- 6 thick-cut (1-in.) bone-in pork chops

"DIRTY" RICE

- 1 c. Jazzmen rice (or jasmine rice), rinsed
- ½ lb. ground (85% lean) beef
- ½ lb. ground pork
- 1 tsp. ground cumin
- 1 tsp. cayenne (ground red) pepper
- 1 tsp. paprika
- ¾ c. chicken stock

- 3 cloves garlic, crushed with press
- 2 Tbsp. Dark Roux (see page 146)
- 1 Tbsp. butter

GLAZE

- ¾ c. Steen's cane syrup (or equal parts maple syrup and light molasses)
- ¾ c. Steen's cane vinegar (or cider vinegar)

Green onions, for garnish
Steamed green beans, for serving

1. Make Brine: In 8-qt. saucepot, whisk together 4 c. cold water, sugar, bay leaves and kosher salt. Heat to boiling on high; remove from heat. Add ice and pork chops. Cover with plastic wrap and refrigerate at least 12 hours or up to 24 hours.

2. Meanwhile, in med. saucepot, combine rice and 1½ c. water. Heat to boiling on high. Reduce heat to low. Cover and gently simmer 20 min. Remove from heat. Let stand, covered,

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[†]Gingivitis reduction via Step 1 Stannous Fluoride vs. ordinary toothpaste ^{*}Vs. ordinary toothpaste

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5 min. Fluff with fork and let cool; set aside.

3. Make Glaze: In sm. saucepan, whisk together cane syrup and cane vinegar. Heat to boiling on high. Reduce heat to med. Simmer 30 min. or until reduced by half, whisking occasionally. Set aside.

4. Preheat oven to 375°F. Heat outdoor grill on med.-high. Pat pork chops dry with paper towels; sprinkle with ½ tsp. salt and ¼ tsp. black pepper. Grill 5 min. per side. Transfer to foil-lined rimmed baking sheet; roast pork chops 15 to 25 min. or until cooked through (145°F). Let stand 5 min.

5. While pork cooks, in med. bowl, combine ground beef, ground pork, cumin, cayenne, paprika and 1 tsp. each salt and black pepper. In heavy-bottomed 6- or 7-qt. saucepot or Dutch oven, cook meat on med.-high 8 to 10 min. or until well-browned,

stirring occasionally. Stir in chicken stock, scraping up browned bits from bottom of pot. Add garlic and roux. Cook 5 min., stirring frequently. Add reserved rice and butter; stir gently to mix. To serve, garnish rice with green onions. Place pork chops over rice; top with glaze. Serve with green beans.

SERVES 6 About 770 cal, 59 g protein, 62 g carbs, 31 g fat (10 g sat), 3 g fiber, 1,235 mg sodium.

Dark Roux

In med. heavy-bottomed saucepot or Dutch oven, whisk together ½ c. all-purpose flour and ½ c. vegetable oil. Bake in 350°F oven 1½ hrs. or until dark golden brown, stirring every 30 min. Roux can be cooled and refrigerated in airtight container up to 1 month. Makes about ¾ c. Stir before using.

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COCKTAILS

Borgne's Festival Lemonade

In cocktail shaker, muddle (mash) 5 strawberries, quartered, and 3 fresh mint leaves. Add 2 oz. vodka (preferably Cathead Honeysuckle Vodka), 1 oz. simple syrup (see below), ¼ oz. rose water and ice; cover and shake vigorously. Strain into cocktail glass filled with ice. Top with 3 oz. lemonade. Garnish with mint. Makes 1.

Barrel Proof's Table Tennis

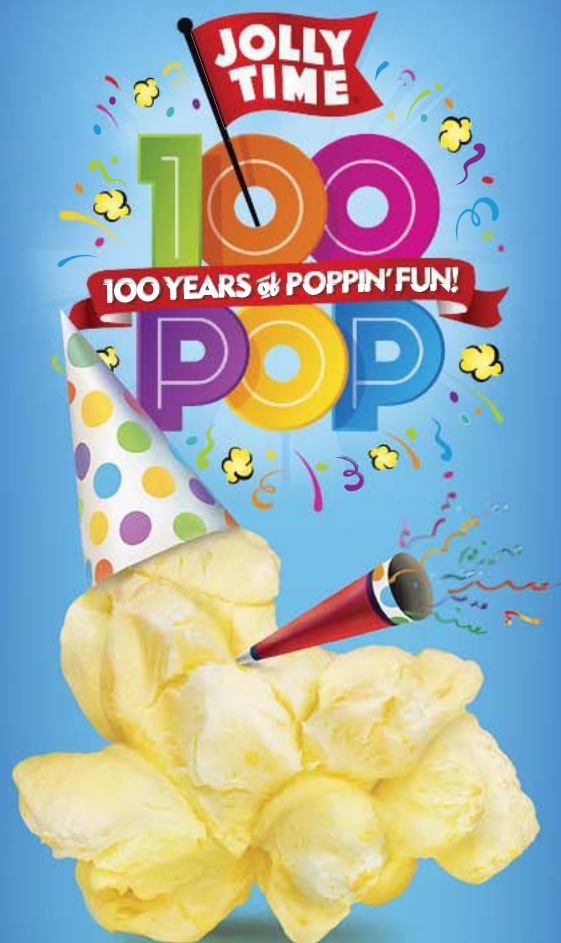
In cocktail shaker, combine 1½ oz. Pimm's, ¾ oz. demerara syrup (see below), ¾ oz. orange juice, ¾ oz. fresh lemon juice and ¾ oz. fresh lime juice. Cover and shake vigorously. Strain into cocktail glass filled with ice. Top with white ale or witbier (preferably Hitachino White Ale). Makes 1.

Simple (or Demerara) Syrup

In sm. saucepan, heat ½ c. granulated sugar or demerara (raw) sugar and ½ c. water on high until sugar dissolves, stirring. Cool completely. Refrigerate up to 1 month. Makes 1 c. syrup.

Spring Trends Beauty Sweepstakes, page 27

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Beginning February 16, 2015, at 12:01 A.M. (ET) through March 16, 2015, at 11:59 P.M. (ET), go to goodhousekeeping.com/makeup on either a computer or a wireless device and complete and submit the entry form pursuant to the on-screen instructions. Ten winners will receive a Spring Trends Beauty bundle (ARV: \$80; total ARV: \$800). Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at goodhousekeeping.com/makeup.



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DONALD LINK'S

Banana Pudding

PREP 25 MINUTES

TOTAL 45 MINUTES PLUS CHILLING

CUSTARD

- 1 Tbsp. unflavored gelatin
- 2 lg. eggs
- 10 lg. egg yolks
- $\frac{3}{4}$ c. sugar
- 2 c. heavy cream
- 1 vanilla bean, split and scraped
- 2 c. pureed ripe bananas (4 to 5 bananas)
- 1 Tbsp. lemon juice

PARFAITS

- 1 c. heavy cream, cold
- 2 Tbsp. sugar
- 2 Tbsp. bourbon or moonshine
- 3 ripe bananas, thinly sliced
- 2 Tbsp. plain yogurt
- 1 Tbsp. lemon juice
- 30 to 40 vanilla wafers, lightly crushed

1. For Custard: Add $\frac{1}{4}$ c. cold water to sm. shallow dish. Sprinkle gelatin over water. Let stand 10 min.

2. In med. bowl, whisk eggs, yolks and half of sugar; set aside. In 3-qt. saucepan, stir together heavy cream, vanilla, remaining sugar and pinch of salt. Cook

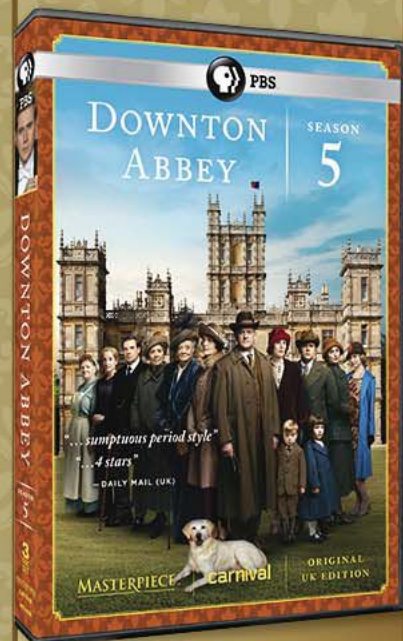
on med. 5 to 7 min. or until mixture begins to simmer, stirring frequently.

3. Slowly whisk one-third of hot cream mixture into egg mixture. Whisk egg mixture into remaining cream mixture in pot. Cook on low 8 to 10 min. or until just thick enough to coat back of wooden spoon, stirring constantly. Remove from heat. Stir in gelatin, pureed banana and lemon juice. Transfer custard to glass bowl. Press plastic wrap onto surface of custard. Refrigerate at least 3 hrs. or overnight.

4. To assemble Parfaits, with mixer on med.-high speed, whip cream, sugar and bourbon until stiff peaks form; set aside. In med. bowl, toss banana slices with yogurt and lemon juice. Spread 1 spoonful of custard on bottom of each of 8 mason jars or parfait glasses. Top with vanilla wafers, then banana slices. Repeat layering of custard, wafers and banana slices. Divide remaining custard among jars. Add dollop of whipped cream to each. Garnish with broken vanilla wafers, if desired. Refrigerate at least 1 hr. before serving.

SERVES 8 About 660 cal, 9 g protein, 60 g carbs, 44 g fat (24 g sat), 3 g fiber, 130 mg sodium.

EVERY SECRET
HAS A PRICE.



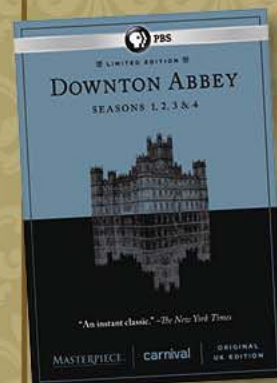
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SPRING SIPPERS

Flower empower a plastic straw with this clever idea from Kersey Campbell, the crafty mom behind the blog *And We Play* (psst...that cutie is her son, Elliott!)

For more great DIY ideas from Kersey, go to andweplay.com.



1

YOU'LL NEED card stock or thick construction paper in an array of colors, a hole punch, scissors, glue and—of course—a plastic straw.



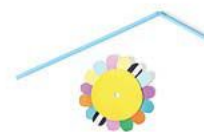
2

CUT OUT a paper circle for the flower's center (hint: it should be slightly larger than the mouth of the bottle).



3

TO MAKE petals, cut out small ovals from the colored paper until you have enough to encircle the flower's center (we used 15).



4

GLUE petals around the center; then, with the punch, make a hole in the middle. Insert a straw and drink up!

CUTE AS A BUG

Insect-inspired anything is the bee's knees this season



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\$135, shopcatimini.com



LUCKY LADYBUGS

Fun hair days guaranteed with these no-slip felt hair clips.

\$10, lilyandmomo.com

WINGING IT

All-over butterflies are the new polka dots on this fun denim romper with, yes, flutter sleeves.

\$24, crazy8.com

DAVID LAWRENCE/Studio D, styling by Kris Jensen for markedwardinc.com (4)



porkapeñoswi

Triscuit starts with simple ingredients like 100% whole grain wheat*. Then we added Swiss cheese, zesty jalapeños and pulled pork. Where you take your Triscuit is entirely up to you.

Triscuit made **for** more

[pinterest.com/triscuit](https://www.pinterest.com/triscuit)

*Triscuit crackers contain at least 22g of whole grain wheat per serving.
© Mondelez International Group



TOTAL BUG-OUT

The T-shirt version of fireflies in a jar—and it glows in the dark! \$9, childrensplace.com



ROOM METAMORPHOSIS

Get organized with sturdy handled bins. Next-level neat: Customize them with labels for dolls, dress-up shoes, books, whatever.

Bins, \$22 each (plus \$8.50 for personalization), and bookshelf, \$499, potterybarnkids.com

Why should kids have all the fun?
Land on page 24 for grown-up goodies.

sscuit



6 SIGNS YOUR PET IS SICK

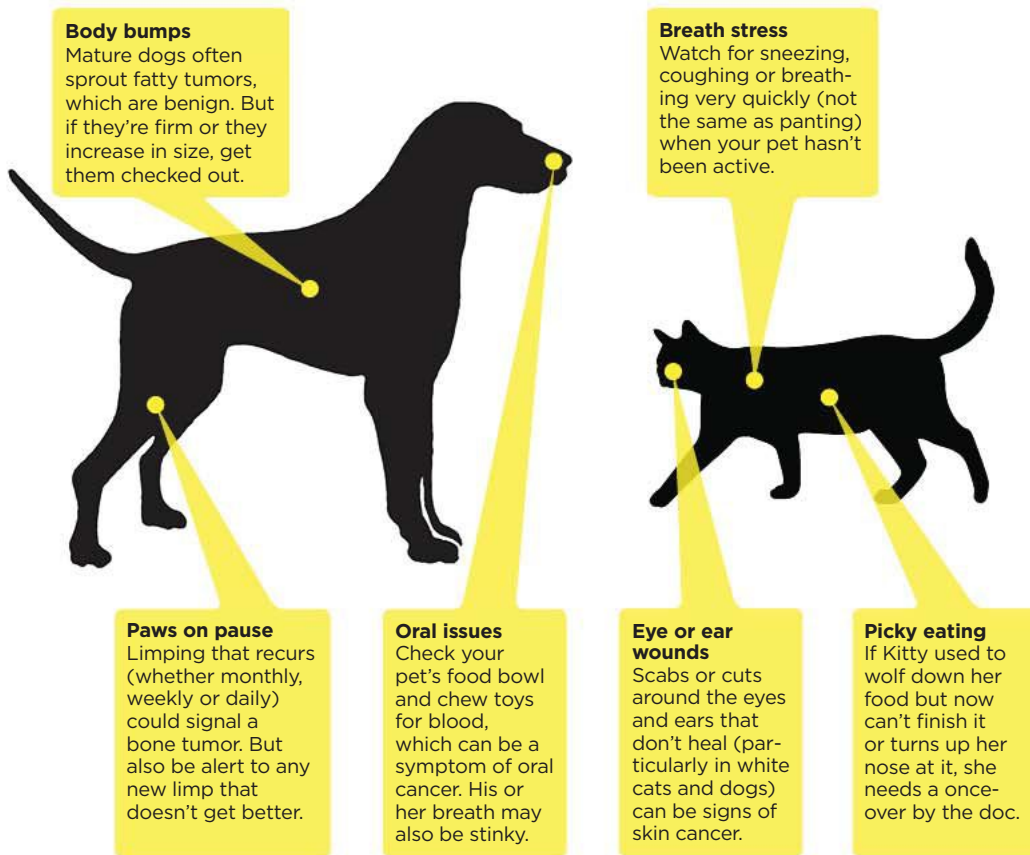
Scary truth: Nearly half of dogs and a third of cats ages 10 and over will develop cancer.

See a vet for these risky symptoms



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\$199, petcube.com



SOURCE: Mary Lynn Higginbotham, D.V.M., assistant professor of oncology at Kansas State University College of Veterinary Medicine

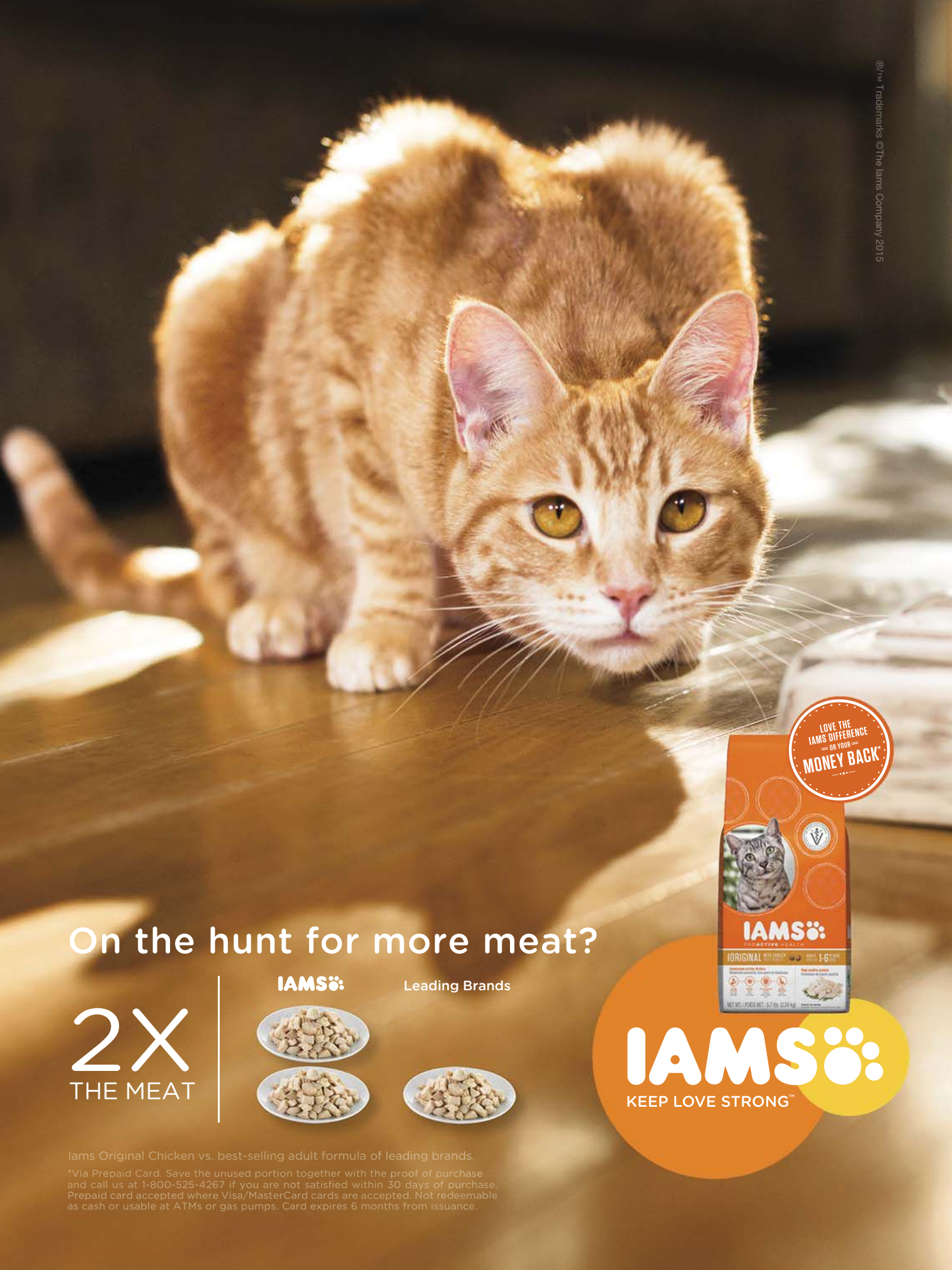


#GHSealofCute

"Cat got your tongue?"

—@pitterpatterfurryfeet 📷

Tag your pet's best moments with #GHSealofCute on Instagram, Facebook or Twitter, and a photo of your furry, feathered (or even finny!) friend could appear in a future issue of *Good Housekeeping*.



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DEBRA MESSING

Born: 1968
Lives in: New York City
Hometown: Brooklyn
Lives with: Son Roman, 10
What's new: Debra plays an NYPD homicide detective in the NBC dramedy *The Mysteries of Laura*

RECIPE I'M SCARED TO TRY:

most

SIGNATURE DISH:

poached eggs over
sautéed spinach

BEST THING I ATE THIS WEEK:

quinoa pizza

HOUSEHOLD CHORE
I ACTUALLY ENJOY:

Purging my closets

I'D DO ANYTHING TO AVOID:

cleaning toilets

MY SECRET CLEANING
WEAPON IS:

swiffer

I STAY FIT BY:

Running after my son

GOOD HABIT:

Drinking tons of water

BAD HABIT:

Leaving wet towels
on the bathroom floor

Ari Michelson/August

MY HANDBAG TODAY IS:

Reece Hudson
backpackBUT YOU MIGHT BE
SURPRISED TO FIND:

poop bags IN IT

PERSONAL MOTTO/MANTRA:

One hour at a time

I'D GIVE *Vitamix*
THE GOOD HOUSEKEEPING SEAL

PARTY TRICK:

I can juggle

ETIQUETTE PET PEEVE:

People who don't say
please & thank youI WISH I COULD TELL
MY YOUNGER SELF:

Stop worrying

CAT/DOG/OTHER:





2 dogs *Laila (age 15)*
Harry (age 2)

Debra Messing



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NIVEAUSA.com

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